

Hafa Adai!

DOL to convert most PUA claims to direct deposits. **PAGE 3**
Demolition of condemned NMC buildings now at 50%. **PAGE 7**

75¢

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4,500 checks worth \$3M tax refunds released Fri.

FERDIE DE LA TORRE
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REPORTER

The Department of Finance released last Friday nearly 4,500 checks worth \$3 million in the second batch of tax refunds.

See **TAX** on **Page 4**



Atalig

Torreses avail of early voting process

FERDIE DE LA TORRE
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REPORTER

Gov. Ralph DLG Torres and first lady Diann Torres availed of early voting last Saturday morning and went to the Kagman Community

See **VOTING** on **Page 4**



Borja is new BOE Tinian rep



Antonio Borja is congratulated by Board of Education chair Janice Marie A. Tenorio as the CNMI Board of Education member representing Tinian. Tenorio administered Borja's oath of office Friday morning. He succeeds Philip Mendiola-Long.

CONTRIBUTED PHOTO

By JUSTINE NAUTA
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REPORTER

Antonio L. Borja is the new Tinian representative on the

Board of Education. Board of Education chair Janice A. Tenorio swore in Borja as the new Tinian

See **BORJA** on **Page 4**

4 more travelers test positive

By JUSTINE NAUTA
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REPORTER

Four more travelers were confirmed positive for COVID-19 last Saturday, Oct. 31, which brings the CNMI's cumulative total to 96 cases since March 28, 2020.

See **TRAVELERS** on **Page 4**

AT A GLANCE

As of 6pm, Nov. 1, 2020

GUAM	OLD	NEW	TOTAL
Positive	4,466	224	4,690
Recovered	2,611	55	2,666
Active	1,721	224	1,945
Deaths	76	3	79
Cumulative Number of Persons Tested			67,233

SAIPAN	OLD	NEW	TOTAL
Positive	92	4	96
Deaths	2	0	2
Cumulative Number of Persons Tested			22,633*

*Total count includes the number of persons tested on Saipan, Tinian, and Rota. With guidance from the Centers for Disease Control and Prevention, CHCC has opted not to report active and recovered cases. The community-based testing has been temporarily suspended.

Source: Joint Information Center - Guam, Commonwealth Health Care Corp.

COMMUNITY VULNERABILITY

LEGEND:

- Red: Least safe
- Orange
- Yellow
- Blue
- Green: Safest

Source: Office of the Governor



CANDY GRAB N' GO

NEIL FAMA

Parents and their children dressed up in their Halloween costumes last Saturday, Oct. 31, and strolled around Tanapag and San Roque village for the trick or treat grab 'n' go event hosted by Rep. Shelia Babauta (D-Saipan). Several candy stops were placed around a route that circled the two villages. Miss Marianas 2019 Shannon Tudela Sasamoto participated in giving out treats to the children who visited her station.

INSIDE

BUSINESS

Chelu Alynez Enterprises, which is a non-food merchandise store, opens a branch at Kada Dia.

PAGE 11

ASIA

A super typhoon slammed into the eastern Philippines with ferocious winds early Sunday.

PAGE 12

LIFE & STYLE

Scarlett Johansson and Colin Jost have tied the knot a year after their engagement.

PAGE 15



SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.



GOT A NEWS TIP?

TEL: 235-6397 / 235-2440 FAX: 235-3740 EMAIL: editor@saipantribune.com

Local

Public Lands hosts DPL Scholarship essay contest

The Department of Public Lands is proud to offer DPL Scholarship essay contest to all postsecondary students of Northern Marianas descent. As stewards of our public lands, we would like to provide opportunity to award NMD students financial assistance and to understand and share your thoughts on the importance of public lands through this

year's essay question: 'Why is it important to preserve public lands in the CNMI?'

All public land lessees must commit to a Public Benefit as agreed upon with DPL. These public benefits are focused on supporting our island community, especially those of Northern Marianas descent through the building and restoration of public lands, community program assistance, discounts and more recently, student scholarships.

This year's awards are sponsored by:

- Triple Star International Corp.: \$1,250
- Bibong Corp. LLC: \$1,000
- Saipan Stevedore: \$1,000
- Ken & Concepcion Coward: \$600

Applicant eligibility

- Must be of Northern Marianas descent
- Must be enrolled full-time in an U.S. accredited institution pursuing an undergraduate degree, vocational trade certificate, graduate or post-graduate program in spring or fall 2021 term.
- Must be enrolled in a minimum of 12 credits (undergraduate) or in a minimum of 3 credits (graduate/post graduate).

Applicant does not need to be on-island to win

Applications must be submitted via email as follows:

- To scholarship@dpl.gov.mp
- Subject Line- DPL Scholarship Application 2020
- Body Text-
 - ❖ Full legal name

- ❖ Contact number (standard calling rates may apply)
- ❖ Contact email
- ❖ Mailing address

- Attachments
- ❖ Essay submission
- ❖ One Proof of Enrollment
- Class schedule for Fall 2020

■ Admission letter or class schedule for winter 2020 or spring 2021

❖ Proof of Northern Marianas descent

■ Copy of Northern Marianas descent ID or copy of CNMI birth certificate

Essay requirement

■ Must address the prompt: "Why is it important to preserve public lands in the CNMI?"

■ Must be between 500-800 words

■ Microsoft Word or PDF are accepted

Deadline

■ The full application must be submitted no later than Nov. 23, 2020 at 10pm ChST. Applicant submissions that do not meet eligibility, essay or deadline requirements will be disqualified from the contest.

Selection

■ Selected applicants will be notified via email.

■ Official announcements will be on Dec. 16, 2020, on the DPL CNMI Facebook Page.

■ Award distribution may vary based on location.

■ All essay submissions shall become the intellectual property of DPL and may be used in DPL publication.

If you have any questions, email scholarship@dpl.gov.mp or call 670-234-3751. (PR)




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To access the nomination application or for more information, visit sablan.house.gov or call 670-323-2647/8 on Saipan, 433-2647 on Tinian, or 532-2647 on Rota.

This mailing was prepared, published, and mailed at taxpayer expense.



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SCC board election on Nov. 4

The Saipan Chamber of Commerce will have its general membership meeting on Wednesday, Nov. 4, 2020, at Hyatt Regency Ballroom. This will be the Chamber's first in-person meeting since the onset of COVID-19 in the CNMI.

Guest speaker for Wednesday's event is Patrick C.

Guerrero from the Office of the Governor - CNMI Public Assistance Office, who serves as the Public Assistance Officer for Soudelor, Mangkhut, Yutu, and the Governor's Authorized Representative for COVID-19. Guerrero will be presenting updates for ongoing.

See SCC on Page 4

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DOL to convert most PUA claims to direct deposits

The CNMI Department of Labor will convert a majority of claimants receiving Public Unemployment Assistance paper checks back to direct deposits.

“Over the past four months, the CNMI DOL has received and serviced upwards of 5,000 in person applicants and thousands of paper checks for vetting, and in some cases, face-to-face distribution,” said Labor Secretary Vicky Benavente.

In September, many PUA claimants who opted for direct deposit payments were switched to paper check payments as a result of numerous rejections from local banking institutions. These rejections were due to incorrect checking

or savings account numbers and/or incorrect bank routing numbers provided by the claimants. Due to the increasing number of rejections, there were serious concerns involving the potential disruption of the CNMI government’s financial management system.

Alternative measures were required to ensure that regular operations continued. As a result, CNMI DOL had to shift many PUA claimants to paper checks and conduct verifications prior to distribution. The move to paper check distribution also served as an opportunity to conduct further and targeted fraud investigations. Specifically, CNMI DOL was able to intercept checks that were pending investigations or

prepared to go off-island.

The PUA program today is in a much better position to handle automated clearing house transactions and fraud detections. Benavente and Secretary of Finance David DLG Atalig met earlier this week to discuss the possible return to ACH direct deposits. After much deliberation of applicable ACH regulations and requirements, the CNMI government is committed to making the necessary transition back to ACH direct deposits within the next two weeks for streamlined delivery of unemployment benefits and to account for potential fraud in order to remain in compliance with federal requirements. *(PR)*

Court OKs transfer of man in aggravated identity theft case

The U.S. District Court for the NMI has approved the request of the U.S. Probation Office to transfer to the U.S. District Court for Guam the probation jurisdiction of a man convicted for aggravated identity theft for violating the terms of his probation while in Guam.

Chief Judge Ramona V. Manglona of the U.S. District Court for the NMI has granted the request of U.S. Probation Officer Greg Arriola to transfer Ronnie Sanchez’s case to

the District Court for Guam.

The probation officer said that Sanchez relocated to Guam on Aug. 15, 2020, to be with his family, and his supervision term was then transferred to the District for Guam probation office.

On Oct. 11, 2020, Arriola said he received an email from his supervisor regarding Sanchez’s use of meth and that Sanchez admitted to using methamphetamine on June 1, and June 6, 2020, and to smoking marijuana on

June 2, 2020.

Sanchez was convicted of aggravated identity theft in Texas back in 2019. Sanchez bought \$1,000 worth of items from Oct. 28, 2016 to Nov. 4, 2016, using illegally obtained debit and credit cards. He was sentenced to two years in prison and ordered to pay \$3,260 in restitution and \$100 court assessment fees.

Sanchez’s probation started on Nov. 15, 2019 and is scheduled to end on Nov. 4, 2020. *(Kimberly A. Bautista)*



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You have my gratitude for the trust you have given me, especially now in these most difficult times.

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Kilili

VOTE

Gregorio Kilili Camacho Sablan

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CNMI files another lawsuit against IPI

By **KIMBERLY A. BAUTISTA**
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REPORTER

The CNMI government has filed another lawsuit against Imperial Pacific International (CNMI) LLC in an attempt to collect on the unpaid balance on its tax return.

The CNMI Division of Revenue and Taxation collection branch has filed a new tax lien against IPI in both

the Superior Court and the U.S. District Court for the NMI.

The Division of Tax and Revenue claims that IPI has an unpaid balance of \$176,880.70, hence the tax lien notice under Commonwealth tax law.

According to Collection manager Richard F. Santos, the balance represents business gross revenue tax or BGRT monthly return and employer's quarterly withholding.

IPI remains noncompliant in paying attorney's fees

By **KIMBERLY A. BAUTISTA**
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REPORTER

A lawyer involved in the lawsuit of seven construction workers who sued Imperial Pacific International (CNMI) LLC for alleged labor violations has filed a notice with the federal court stating that IPI remains noncompliant and has yet to satisfy the judgement for attorney's fees.

Aaron Halegua told the District Court for the NMI that IPI has not complied with the federal court order to pay the plaintiffs' attorneys' fees in the amount of \$93,834.25.

In addition, in his notice of non-compliance by IPI, Halegua stated

that the plaintiffs did not receive any payment from the Saipan casino investor as of Oct. 27.

According to court documents, U.S. District Court for the NMI Chief Judge Ramona Manglona directed IPI on Aug. 25 to pay the plaintiffs' attorneys' fees in the amount of \$93,834.25 by Sept. 24, 2020.

On Sept. 18, 2020, IPI attorney Michael Dotts asked for an extension, which Manglona granted. IPI was given a 30-day extension, with the full amount to be paid no later than Oct. 24.

The judge also approved the award of attorneys' fees related to the plaintiffs' filing of a discovery motion against Gold Mantis Construction Decoration (CNMI). The plaintiffs

Santos said the division has demanded a payment from IPI on multiple occasions but the balance remains unpaid.

The notice noted that there is a lien in favor of the CNMI on all property and rights to property belonging to the taxpayer for the amount of these taxes and any additional penalties, interest, and costs that may accrue

From January to March 2020, the Division of Revenue and Taxation assessed that IPI has an unpaid balance of \$169,388.94 in employer's

want Gold Mantis to pay \$30,517.80 in attorneys' fees.

The plaintiffs—Tianming Wang, Dong Han, Yongjun Meng, Liangcai Sun, Youli Wang, Qingchun Xu, and Duxin Yan—are suing IPI and its contractor and subcontractors MCC International, LLC, and Gold Mantis over alleged labor and other violations, including human trafficking allegations.

They have asked the federal court to issue an order awarding them \$3.86 million in compensatory damages and \$7.72 million in punitive damages.

The plaintiffs worked for the former contractor and subcontractor of IPI, MCC International and Gold Mantis.

their "for the children." "Although that I am out of board, my passion is education, my passion is also PSS," said Tenorio. She stated that she will always work with the Public School System's administration, teachers, and school leaders. Tenorio stated that she will assist in any way possible she can but as a volunteer.

Tenorio and Ada were presented Friday tokens of appreciation by Education Commissioner Dr. Alfred Ada as the PSS celebrated the 36th year of Headstart Awareness Month in October and the 16th year of Early Headstart.

Tenorio was appointed last Jan. 15, 2019, as the 16th BOE chairwoman, after the BOE unanimously voted to elect Tenorio as its head. According to *Saipan Tribune* archives, Tenorio stated at that time that her biggest goal as the 16th BOE chairwoman is to work with the board and to make a difference in her last two years.

BORJA

From Page 1

BOE representative last Friday at the BOE special meeting, making the BOE complete with five members.

According to Tenorio, Borja was appointed by Gov. Ralph DLG Torres three days after former BOE Tinian representative, Philip Mendiola-Long, resigned last Oct. 20. Tenorio stated that it's critical that Tinian is represented on the board.

Though the BOE is now complete, two spots have been vacant since the ending of October since two members have already completed their second term and three people are running on Nov. 3 to fill the two vacant spots.

The two members who have completed two terms are Tenorio and member Marylou Ada.

Tenorio stated that she will still be

VOTING

From Page 1

Center to cast their votes.

"I want to make sure that my vote is counted and also to avail of the early vote," said Torres in an interview later that noon at the Republican Party's Precinct 1 candidates' camp near Koblerville Youth Center.

Before COVID-19, governors would normally vote during election day itself.

Torres encouraged everyone to come out and vote early if they can. "Those who have exercised their right to vote early, thank you very much. And to those who have not, we have Monday, one more day to vote early," he said.

For those who don't have to vote early, they should vote on election day, tomorrow, Tuesday, Torres said.

withholding tax.

In addition, IPI has an unpaid \$7,491.76 BGRT for the tax period ended June 30, 2020, the divi-

sion stated.

Previously, the division said IPI owed the CNMI government \$9,416,887.09 in unpaid BGRT taxes.

Atalig expects an audit on nearly \$1B federal funding

FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Finance Secretary David DLG Atalig expects an audit on the nearly \$1 billion cumulative amount that the CNMI has so far been allocated in federal assistance since Typhoon Mangkhut in 2018, especially with the situation of the Coronavirus Aid, Relief, and Economic Security Act, or CARES Act.

Speaking at a radio press briefing last Thursday, Atalig said they are in communications with different agen-

cies in the federal government, especially the U.S. Internal Revenue Service, regarding the stimulus checks, as well as the educational support the CARES Act gave the Northern Marianas College and the Public School System.

"We are also in communication with our own auditors who want to sample information on those funding," Atalig said.

A longer version of this story is available at www.saipantribune.com

TRAVELERS

From Page 1

According to the statement from the Commonwealth Healthcare Corp., the new cases were identified by travel screening and were confirmed through testing upon arrival.

The four individuals have been safely in quarantine and were moved to the designated isolation area for close monitoring. CHCC has already initiated contact tracing for the most immediate contacts of the new cases, including passengers on the same flight.

Separately, the Alternate Care Site at Kanoa Resort has been registered under CHCC as a Medicare facility, said CHCC chief executive officer Esther Muña.

"When Medicare comes, they're going to look at this facility. If there's a patient here, they're going to look at our policies, making sure that our policies have been amended to in-

clude this facility, to make sure that what we do at the main facility at CHCC is going to be done here as well, so it shouldn't be any different," said Muña.

The idea is to make sure that the staff and the patients experience the same care at the facility as they would at the Commonwealth Health Center. Muña said that everyone got involved to make sure that all relevant matters are set at the ACS and if there is a trigger to use it—when there is a spike in the number of COVID-19 cases in the CNMI—CHC employees are ready to be detailed to the ACS and they're able to work there.

Muña also emphasized that the key ingredient to the fight against the coronavirus is testing and monitoring. She thanked the administration, federal partners, the CHCC board, support staff, doctors, nurses, front-line workers, and the community for their efforts to help prevent the spread of COVID-19.

SCC

From Page 2

ing recovery projects, as well as how businesses can better position themselves to bid on CNMI government contracts.

The primary focus of the GMM will be to elect members to serve on the 2021-2022 board of directors. There are five open positions for the board. The Chamber member ballot includes the following:

- **Ciara Ada**, *Xerox Corp.*
- **James Arenovski**, *Island Training Solutions*
- **David Bush**, *Hawaiian Rock Productions*
- **Marcia Calvo**, *Calvo's Insurance Underwriters*
- **Joseph Guerrero**, *Naked Fish Bar & Grill*
- **Das Krishnan**, *Fiesta Resort & Spa Saipan*
- **Kevin McCale**, *Docomo Pacific Inc.*
- **Michael Sheu**, *Hong Ye Trading Co. Ltd.*
- **Ron Smith**, *Angil Design Inc.*
- **Janice Tenorio**, *IT&E CNMI*
- **Shayne Villanueva**, *Assurance Brokers Inc. (Saipan)*

Current board members serving their 2020-2021 term include Velma Palacios (IT&E CNMI),

Mike Johnson (Deloitte Saipan), Alex Sablan (Century Insurance), and Glen Hunter (The Shack). Special thanks to Tyrell Pauling (Hyatt Regency Saipan) and Janel Pangelinan (Pacific Insurance Underwriters Inc.) who will be completing their service to the Board of Directors in December 2020.

All Chamber member representatives will be given the opportunity to vote for their candidate of choice. Voting will take place online by emails to registered official representatives from Oct. 28 – Nov. 2 or in person at the GMM on Nov. 4. Number of votes is determined by company membership category (i.e., Category B - 2 votes). Each representative will be able to vote for up to five candidates. Your name must be listed as an official representative to cast your vote; SCC also accepts proxy votes with the submission of an official email and/or completed proxy form.

At the GMM, a plate lunch will be served at 11:30am and the meeting will begin promptly at noon. The luncheon fee is \$25 for each Chamber member and \$35 for non-members.

Due to COVID-19 protocols, RSVP is required to attend the GMM. To RSVP, visit <https://tinyurl.com/NovGMM2020> or by call the Chamber office at (670) 234-7150. (PR)

BIRTHDAY SHOUTOUT



Happy 15th birthday to Rolani Mae DLS Muña! Greetings come from your Delos Santos family.

CONTRIBUTED PHOTO

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\$5,000 bail for man who allegedly stole hydraulic jack

By KIMBERLY A. BAUTISTA
kimberly_bautista@saipantribune.com
REPORTER

The Superior Court has imposed a \$5,000 cash bail on a man who allegedly stole a hydraulic car jack from tire shop in Kagman last Oct. 20.

Associate Judge Teresa Kim-Tenorio imposed a \$5,000 cash bail on Ronald Jr. Leon Guerrero Ealey, 28, last Tuesday for one count of theft.

Ealey, who was wanted by the Department of Public Safety, was arrested last Tuesday and brought to Superior Court for his bail hearing.

At the hearing, Assistant Public Defender Carrie Comstock, who represented Ealey, asked the court to modify her cli-



Ealey

ent's bail and allow the defendant to pay 10% of the bail amount.

Kim-Tenorio ordered Comstock to file a bail modification motion and remanded Ealey to the custody of the Department of Corrections.

He was ordered to return to court on Nov. 5 at 1:30pm



'BIG HOUSE'

Company president Shirley Sablan and her team at Pacifica Insurance Underwriters brought out the "Big House" last Friday. The team encourages everyone to keep the spirit alive and remain COVID-19 free by watching our distance, wearing a mask and washing our hands.

CONTRIBUTED PHOTO

for preliminary hearing and on Nov. 10 at 9am for an arraignment.

According to a DPS press release, police responded to a theft incident at the Sun Star tire shop in Kagman at about 3:08pm last Oct. 20.

At the scene, police inter-

viewed an employee of the tire shop who told police that a local male, later identified as Ealey, came to the tire shop on two separate occasions earlier that day. After Ealey's second visit, a hydraulic jack at the tire shop was found missing.

Upon reviewing footage from the surveillance camera, Ealey was seen pointing one of the cameras to a different location. Unknown to him, though, another camera captured him loading the hydraulic jack onto his vehicle before fleeing the scene.

Guam-CNMI ESGR opens nomination for Freedom Award

The Guam-CNMI Employer Support of the Guard and Reserve Guam and the CNMI State Committee announced the 2021 Freedom Award nomination season has opened on Oct. 1 until Dec. 31, 2020. This is the only time during

the year that service members from all the Reserve Components are able to nominate their employers. This nomination is not limited to the Guard and Reserve members; their family can also nominate their employer.

Last year, there were 2,623 company nominations from service members in ESGR's 54 committees located across all 50 states, the District of Columbia, Guam-CNMI, Puerto Rico, and the U.S. Virgin Islands.

The award was created to publicly recognize employers who provide exceptional support to their Guard and CNMI Reserve employees. It is the highest in a series of employer recognition awards given by the Department of Defense.

Almost one-half of the U.S. military is composed of the Guard and Reserve. The Department of Defense shares these citizen warriors with their civilian employers, many of whom provide significant support to their employees who serve in the Guard and Reserve. This award recognizes employers who provide the most outstanding support for their Guard and Reserve employees and is presented annually by the Secretary of Defense.

Who can nominate?

Nominations must come from a Guard or Reserve member who is employed by the organization they are nominating, or from a family member.

What makes a company eligible for the award?

This award recognizes employers who provide the most outstanding support for their Guard and Reserve employees. Employers are recognized for going above and beyond workplace requirements to encourage a culture of support through many kinds of policies and programs, support networks, family outreach, and other investments in the well-being of their Guard and Reserve members.

Who selects the recipients?

The nominations go through a thorough vetting process to select the semifinalists and recipients. A national selection board composed of senior Defense and military officials selects the award finalists. Ultimately, 15 of those finalists are selected to receive the Freedom Award.

For more information about the Freedom Award, log on to www.freedomaward.mil or contact Rise Igitol, ESGR CNMI area chair, at (670) 287-1129 or at rose.igitol@yahoo.com. (PR)



HALLOWEEN-ON-A-DESK

Pacifica Insurance Underwriters Inc. held an inter-office Halloween décor competition throughout the month. Focused on keeping the spirit alive during this COVID-19 pandemic, the company's team took on the challenge of decorating their desks' plexiglass shields. In this photo is the winning spidey-themed plexiglass by underwriter Dionne Camacho. Pacifica welcomes the public to check out the winning plexiglass and all others at their office in Susupe during normal business hours, 8am to 5pm, Monday to Friday. Pacifica strictly complies with capacity limitations set by the Governor's COVID-19 Task Force to ensure the safety of its patrons and employees.

CONTRIBUTED PHOTO



SPECIAL BOARD MEETING NOTICE



Pursuant to Public Law 8-41, Section 11, the Marianas Visitors Authority hereby gives notice that a **Special Board of Directors Meeting** will be held on **Wednesday, November 4, 2020 at 10:00 a.m.** in MVA's Conference Room, Saipan, MP 96950.

MEETING AGENDA

- 1) Preliminary Matters
 - a. Call to Order
 - b. Roll Call
 - c. Adoption of Agenda
 - d. Adoption of Minutes
 - i. Regular Board Meeting – October 16, 2020
 - ii. Emergency Board Meeting – October 16, 2020
- 2) Public Comments
- 3) New Business
 - a. Travel Bubble Committee Report
- 4) Executive Session
- 5) Miscellaneous/Announcements
- 6) Adjournment

/s/ Gloria Cavanagh
Acting Chair, MVA Board of Directors



Commonwealth of the Northern Mariana Islands NORTHERN MARIANAS HOUSING CORPORATION

P.O. BOX 500514, Saipan, MP 96950-0514

Email: nmhc@nmhc.gov.mp

Website: <http://www.nmhc.gov.net>

Notice of Re-opening of the Distribution of Emergency Solutions Grant (ESG)-COVID Program Pre-Applications

The Northern Marianas Housing Corporation (NMHC) wishes to announce the re-opening of the distribution of pre-applications of the ESG-COVID program made possible through the Coronavirus Aid, Relief, and Economic Security (CARES) Act. As stated on the Office of the Governor's Press Release, dated July 19, 2020, the U.S. Department of Housing and Urban Development (HUD) has awarded the CNMI a total allocation of \$1,090,630 in ESG-COVID funds to provide financial assistance for CNMI households, specifically for rental assistance, rental arrears, utility allowance, and security and utility deposits. The assistance period is for a total of (12) months and will be on a first come, first serve basis. NMHC has allocated 25% of the grant for the elderly and disabled population. The purpose of the Emergency Solutions Grants (ESG)-COVID program is to assist individuals and families quickly regain stability in permanent housing after experiencing a housing crisis or homelessness, as a result of the Coronavirus pandemic.

Eligibility Criteria

- Must be impacted by the Coronavirus pandemic (e.g. furloughed, reduction of hours, living in substandard conditions which poses an increased risk of exposure to the disease, etc.)
- Must be a U.S. citizen or qualified alien
- Must meet the income limits (less than 50% of the area median income). See FY 2020 HUD income limits below
- Must be literally homeless or at-risk of becoming homeless and have no other housing options

Application Steps

- Pick up a pre-application at the NMHC Offices on Saipan, Tinian, and Rota or print an application made available on the NMHC website at www.nmhc.gov.net.
Link: https://nmhc.gov.net/resources/files/2020%20ESG%20Pre-application%20V2%20updated%2006_29_20.pdf
- Once the pre-application is completed and submitted to the NMHC Offices (you may submit at the front office or in the Drop Box located in front of the building), the case workers will assess the pre-application and determine whether the applicant is eligible for the program. If the applicant is eligible, the case worker will schedule an appointment and immediately notify the applicant on the date and time of intake. If an applicant is deemed ineligible, a notification will be sent to the applicant.
- The case worker will inform the eligible applicant of the next steps once the application process has been completed.

If you have already applied for the ESG-COVID program, the NMHC case workers are currently assessing your pre-applications and you will be contacted for the next steps. On August 21, 2020, NMHC stopped taking pre-applications in order to conduct the screening of a significant number of pre-applications and also to conduct case management. **NMHC is reopening the pre-application process. You may pick up an HESG pre-application at the NMHC, Saipan Central Office, Rota Field Office, and Tinian Field office starting October 28, 2020. The distribution of pre-applications will end on November 30, 2020.** Should you have any questions or need special accommodations, please contact Zenie Matnas, Deputy Corporate Director, Tricia Tenorio, Planner, or Sweetielyn Sokau, Planning Assistant, at the 234-6866/7689/9447.

NMHC is an equal employment and fair housing public agency"

Demolition of condemned NMC buildings now at 50%

By JUSTINE NAUTA
justine_nauta@saipantribune.com
REPORTER

The demolition of 14 buildings damaged by Super Typhoon Yutu at the As Terlaje campus of the Northern Marianas College continues, according to the ITS Corp. project manager Danny Vatalla.

The demolition started last Sept. 24, and the construction company has until Jan. 11, 2021, to fully knock down all the buildings and to take away the debris. ITS is contracted to only demolish the buildings.

The buildings that are already knocked down are buildings A to I. Vatalla stated that most of the buildings are interconnected to each other so it made demolishing the

buildings easier for the company. Right now, the company is separating the debris, so they can transfer it in the proper landfill area.

According to the project description, the construction company is set to demolish buildings A, A1, B, B1 C, D, E, F, G, H, I, Q, R, and S.

Vatalla said they are ahead of schedule and that they're doing their best with hopes to finish the demolition ahead of time.

In previous interviews, interim NMC president Frankie Eliptico said the demolition of the buildings is primarily for safety purposes but will also make way for new buildings to be built. The proposed new buildings will include design and construction elements that will allow them to withstand natural disasters like Super Typhoon Yutu.

"They will have a resilient



NEIL FAMA
File photo shows the demolition of condemned buildings at the Northern Marianas College campus in As Terlaje.

design and will incorporate technological elements to reflect some lessons we've learned from typhoons and the current pandemic," he said.

Eliptico stated that this is to ensure a more seamless transition in case another natural disaster or pandemic forces NMC students to return to re-

mote learning.

"The next time we have a pandemic or a typhoon, our classes will be held from a remote site or from other places. There will be a seamless transition [from in-person to on-line classes]," he said.

Eliptico added that the current COVID-19 pandemic is an opportunity to come up with better designs. "It's not a great thing that this pandemic happened, but it's giving us an opportunity to apply the lessons we have learned in the design of the new buildings," he added.

NMC has secured construction funds from federal sources, including funds from the U.S. Department of Education, and is continuing to pursue other funding opportunities.

Shriners Hospitals for Children host outreach clinics on Saipan

In collaboration with the Commonwealth Healthcare Corp., Shriners Hospitals for Children - Honolulu will conduct outreach clinics at the CHCC Children's Clinic, on Nov. 2 (Monday), 5 (Thursday), and 6 (Friday).

The Shriners Hospital of Honolulu has satellite clinics throughout the state of Hawaii and islands in the Pacific Basin. The CHCC Children's Clinic serves as a Shriners Hospital satellite clinic for the

residents of the CNMI.

To qualify for care through Shriners Hospitals for Children, the patient must be under the age of 18 and has an orthopedic condition that can be treated. Orthopedic conditions that have been treated by Shriners include:

- Scoliosis
- Clubfeet
- Foot pain and problems
- Hip Dysplasia
- Hand pain and problems

- Knee and joint pains
- Cerebral Palsy
- Musculoskeletal conditions.
- Syndromes associated with musculoskeletal disorders

For new patients, an intake form must be completed prior to scheduling an appointment. Care is provided to the child regardless of the family's ability to pay, and there will be no co-pay or facility fee charged to patients for evaluations and consultations with Shriners

and sports injuries. Staff from Shriners who will be participating in these outreach clinics include Dr. Paul Moroz (orthopedic physician), Dr. Jonathan Pellet (orthopedic physician), and Sandy Zuke-ran (outreach coordinator).

For more information and to schedule an appointment:

- Families from Tinian can call Maricel Cabarles, Tinian Health Center, at (670) 433-9233/9333.
- Families from Saipan and Rota can call Shiella Marie P.


providers. However, there may be charges incurred for other services, such as ultrasounds, x-rays, and CT scans.

Shriners Hospitals for Children aims to provide the highest quality care for orthopedic and neuromuscular disorders and conditions. Doctors and staff of the Shriners Hospital of Honolulu are committed to improving the lives of children in the Pacific region, and are specialized in bone, joint, muscle,


Deray, CHCC Maternal and Child Health Bureau, at (670) 236-8709 or (670) 783-1613, smopereznmch@gmail.com

For more information about Shriners Hospitals for Children—Honolulu, visit their website at <https://www.shrinershospitalsforchildren.org/honolulu>

CHCC Point of Contact: Lee Tenorio, Communications and Public Relations, (670) 234-8950 Ext. 3445 or email communications@chcc.gov.mp. (PR)



Commonwealth Utilities Corporation
Office of the Executive Director



INVITATION FOR BIDS
CUC-IFB-19-028 Revision No.2

REPLACEMENT OF SADOG TASI WWTP CLARIFIER

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the Replacement of Sadog Tasi WWTP Clarifier in Saipan, Commonwealth of the Northern Mariana Islands.

The intent of the contract is for the Contractor to provide all labor, equipment, supplies and materials necessary to complete the scope of work which consists of; installation of a new circular clarifier mechanism and effluent launder box, construction of a sloped concrete floor, and other miscellaneous features. The work shall include; the dewatering and cleaning of aeration basin #3 and the clarifier, routing process flow and maintaining conditions during the construction period, and returning process flow from the aeration basin to the clarifier. The work shall be completed with minimal disruption to the daily operation of the Sadog Tasi Waste Water Treatment Plant. CUC requires the Project to be completed in **365 calendar days** from date of award of contract.

The project is funded by a grant from the United States of Environmental Protection Agency (USEPA). The award of this project is contingent upon receipt of approval for project award from USEPA.

Prospective Bidders must pre-register with the CUC Procurement & Supply Division. The Bid Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$100.00 (non-refundable) for one IFB package set. If you have purchased this IFB before you do not have to repurchase but you would need to register with our office to receive a package.

A Pre-Bid Conference followed by site visits will be held on **October 29, 2020 at 10:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No.17, Joeten Dandan Commercial Building.

One (1) original and Five (5) copies of the bid MUST be submitted in a sealed envelope marked "CUC-IFB-19-028, Replacement of the Sadog Tasi Clarifier Revision No. 2" to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than 10:00 AM (ChST) November 17, 2020, at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before due date and time. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement this form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. Late submissions and conditional bids will not be considered.

A *Bid Guarantee* of fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. A *Payment Bond* of one hundred (100%) percent and a *Performance Bond* of one hundred (100%) percent of the total bid price will be required upon the execution of the contract by the successful bidders. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands or otherwise secured in a manner satisfactory to CUC, for the protection of all persons supplying labor and material to the contractor or its subcontractors for the performance of the work provided for in the contract.

All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). *Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.*

Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.


This Invitation for Bids does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of bids in anticipation of a contract. Bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract.

Questions or requests for clarification will be entertained only from registered Proponents and must be submitted in writing no later than **10:00 a.m. (ChST) on November 5, 2020** to Manny B. Sablan, CUC Purchasing Administrator via email address manny.sablan@cucgov.org with a copy to Western Knudsen, P.E., CUC Water/Wastewater Engineer and to CUC P&S, Senior Administrative Technician, Christie L. Sablan at christie.sablan@cucgov.org.


CUC reserves the right to reject any or all bids and waive any imperfection in the bid proposal in the best interest of the government. All bids shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY B. SABLAN
Purchasing Administrator



Commonwealth Utilities Corporation
Office of the Executive Director



REQUEST FOR PROPOSALS
CUC-RFP-21-003

A&E DESIGN SERVICES FOR WEST SAN JOSE HOMESTEAD (TINIAN) WATERLINE PROJECT

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from qualified firms for A&E Design Services for West San Jose Homestead (Tinian) Waterline Project.

The RFP package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$100.00 for one RFP package set.

One (1) original and five (5) hard copies of the Proposal & One (1) original and five (5) hard copies of the Cost Proposal must be submitted in separate sealed envelopes marked "**CUC-RFP-21-003, A&E Design Services for West San Jose Homestead (Tinian) Waterline Project**", to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, **no later than November 25, 2020 at 10:00 a.m. (ChST)**. Late submissions and conditional offers will not be considered.

Discussions may be conducted with responsible proposers who submit proposal determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. All proposers shall be accorded fair and equal treatment with respect to any opportunity for discussion. During discussions, there will be no disclosure of any information derived from the proposal submitted by competing proposers.

All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the proposer due to lack of information or understanding of the RFP requirements in the course of proposer's preparation of the RFP under the contract. The RFP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the RFP under this request, or to procure or contract for services. Proposers are required to comply with all CNMI and applicable Federal Laws. This RFP and the ensuing contract shall be executed as per the CUC Procurement Regulations.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on November 9, 2020** to **Manny B. Sablan**, CUC Purchasing Administrator, via email address manny.sablan@cucgov.org with a copy to Larry Manacop, CUC Acting Water/Wastewater Chief Engineer via email address larry.manacop@cucgov.org and Marcela Tenorio, Administrative Technician Senior, via email marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all proposals for any reason and to waive any defects in said RFP, if in its sole opinion, to do so would be in the best interest of CUC. All proposals shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY BOYER SABLAN
Purchasing Administrator

Opinion

Hafa Adai!

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER
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MEMBER

AP The Associated Press

Pacific Islands News Association

EDITORIAL

Memo to the Supreme Court: Let the people vote

At a time when its legitimacy as an apolitical institution is being questioned, the Supreme Court has been dragged into partisan disputes about when and how ballots should be counted in an election upended by the COVID-19 pandemic. Too often it has responded in ways that will make it harder for Americans to vote.

On Oct. 26, the court blocked a federal judge's order that Wisconsin count ballots mailed by Election Day but received up to six days later. Earlier in October, the court reinstated South Carolina's requirement that absentee ballots be signed by both a voter and a witness, and it suspended a decision by a federal court in Alabama allowing election officials to offer curbside voting for people with disabilities.

To be fair, the court has permitted some accommodations. On Oct. 28, for the second time, it refused to disturb a ruling by Pennsylvania's Supreme Court that extended the deadline for mail ballots to Nov. 6. It also let stand lower court decisions affirming a move by election officials in North Carolina to set an even more generous deadline of Nov. 12 for mailed ballots. (New Justice Amy Coney Barrett didn't participate in the Oct. 28 rulings because she didn't have time to study documents in the cases, according to the court.)

But in the Pennsylvania case, Justice Samuel A. Alito Jr., joined by Justices Clarence Thomas and Neil M. Gorsuch, ominously suggested that the court could revisit the issue of the extended deadline later and noted that Pennsylvania officials plan to segregate ballots received after 8 p.m. on Election Day. If the Supreme Court reverses itself, it would disenfranchise voters who cast their ballots in good faith and with the acquiescence of the court.

Alito argued that the Constitution vests in "state legislatures, not state courts," the authority for setting the rules for federal elections. Chief Justice John G. Roberts Jr. disagreed, and in his opinion in the Wisconsin case drew a distinction between Pennsylvania, where a state Supreme Court was interpreting its own constitution, and Wisconsin, where the issue was "federal intrusion on state lawmaking processes."

Ideally, state legislatures would respond creatively to the voting challenges posed by COVID-19. But even in the absence of legislation, state and federal judges must be able to act, particularly in a health emergency, to protect the right to vote, which the Supreme Court has treated as fundamental. Congress also should consider using its authority to override the states on the "times, places and manner" of federal elections by standardizing procedures for mail ballots and making sure any vote postmarked by Election Day can be counted.

Some of the court's actions came early enough to put voters on notice that they should vote in person (assuming it's safe for them) or deliver their ballots by hand rather than place them in the mail. But some voters surely will be disenfranchised as the result of the conservative justices' cramped approach to the ultimate exercise of citizenship.

(c)2020 Los Angeles Times



Can Americans trust Tuesday's election?

When I was a boy I used to go vote with my mother on Election Day. At a nearby public school, we would enter a booth, draw a heavy curtain and I'd flick a number of little levers at her direction to mark our choices. Then I'd pull the handle to make it official—and, voila, we had done our democratic duty.

Afterward, I felt confident (and so did she) that even if our preferred candidates lost, the election would be honest and accurate and that the candidates who received the most votes would be declared the winners.

I no longer have that kind of unshakeable faith in the system.

As Election Day approaches, I find myself wondering, like so many other Americans, whether the process we've devised over two-and-a-half centuries is up to the task. Will the Electoral College once again stand in the way of the popular vote? Will a rigged redistricting process predetermine the outcome? Will the broken campaign finance system that hands access and influence to billionaires and corporations allow ordinary voices to be heard?

And, more immediately: Will voters cheat? Will armed militia members show up at polling places to intimidate voters? Will all the ballots be counted? Is the Postal Service too inept—or too politicized—to handle this year's heavy reliance on mail-in voting?

Apparently, my fears are shared. According to Gallup earlier in October, fewer than 1 in 5 Americans are "very confident" that votes in the upcoming election will be accurately cast and counted. In an NBC News/Survey Monkey poll, 56% of Americans said they were "not too confident" or "not at all confident" that the election would be conducted in a free and equal way.

It's depressing that American citizens don't trust their own election system, and I suspect the lack of confidence reflects a deeper, broader crisis. Political divisions have grown so great and cynicism about the system has become so pervasive that not only the electoral process but the very government itself has lost legitimacy in the eyes of voters.

I watched a focus group a few weeks ago in which more than a dozen undecided voters unanimously told the moderator they didn't trust the media—but then made it clear that they didn't trust the president either, nor did they respect his opponent.

The mail I get from readers is much the same: incensed, often profane, expressions of partisanship (from one side or the other) or weary, cynical distrust of everybody concerned.

How bad has it gotten? One 2018 poll done for Axios found that 54% of Democrats think Republicans are "ignorant" and the same percentage of Republicans think Democrats are "spiteful." Substantial numbers of Democrats and Republicans believe supporters of the opposing party are "evil." A Pew Research Center poll found last year that nearly 60% of Americans were "not sat-

By **NICHOLAS GOLDBERG**

Los Angeles Times

Nicholas Goldberg is an associate editor and op-ed columnist for the Los Angeles Times.



isfied" with the way democracy was working. A Pew poll from last month found that only 20% of U.S. adults trust the government to "do the right thing" most of the time.

A substantial portion of the skepticism about American government and politics can be credited to President Donald Trump. He has spent four years bashing basic institutions like the electoral system, the Democratic Party, the FBI and the intelligence community, the free press, government scientists and career civil servants, while deriding his opponents as criminal or socialist or dangerous or demented.

But Americans' jaundiced view of the system predates Trump and will outlast him. It's been decades in the making, as elected officials have grown more polarized and vindictive. The shattering of traditional rules and norms that has led to bitterness and gridlock in Washington goes back decades, at least to the battle over the Supreme Court nomination of Robert Bork in 1987, to the Newt Gingrich years in the 1990s, to the tea party and to the government shutdowns that have so incensed voters.

Even if Trump is voted out of office Tuesday, partisan rancor, distrust of elections, demonization of one's political opponents, rising incivility and unwillingness to work across the aisle will not go away on their own. Yet if they don't, how will the country rise to the pressing challenges of the coronavirus, the economic crisis it has spawned, the imminent climate change catastrophe, racial unrest and a host of other serious problems?

We could fight forever about which party deserves more of the blame for the current standoff. I have my own strong feelings on that subject.

But ultimately, someone's got to figure out how to make government effective again. Even as they defend and advocate their own positions, politicians and public officials must learn to work together cooperatively to solve common problems. It is possible to stick fiercely to one's principles while also recognizing the need for debate, compromise, bipartisanship and forward movement.

No matter how deep our divisions on issues from climate change to policing to China to trade to health care, democracy cannot function in an atmosphere of ever-escalating antagonism and self-defeating obstructionism.

EDITORIAL POLICY

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Can a squirrel predict the winner of the election? After one nutty campaign season, anything is possible

After Donald Trump's surprising victory over Hillary Clinton four years ago, some people are wary of what the polls are saying about the 2020 election. Nearly every national poll shows Joe Biden with a hefty lead over Trump. But national presidential polls are equivalent to asking people all over the country to weigh in on who should be mayor of Chicago.

Seventeen battleground states will determine who lands in the White House. It doesn't matter who the majority of Americans want. The Electoral College decides, so a handful of voters in a few states could once again end up picking the winner.

There are several predictors floating around that might give us a sneak peek into what will happen next week. Everything from Halloween masks, coffee cups, first lady cookie recipes and measuring the candidates' heights have been used previously to provide an early indication of who's going to win on Election Day.

Some have impressive records for choosing the winner for several presidential elections running. Trump, however, has thrown some of them off.

The unpredictability of Trump, coupled with the coronavirus pandemic that has thrown the entire country off track, have made some of these unusual methods less reliable than they were in the past. Take them with a grain of salt.

Some observers are even questioning whether historian Allan Lichtman's "13 Keys to the White House" can accurately predict the outcome this year.

Lichtman has correctly predicted every presidential race since Ronald Reagan's reelection in 1984. (There was that one time in 2000, however, when he predicted Al Gore would defeat George W. Bush. But Lichtman insists he was correct since Gore won the popular vote. You can judge for yourself.)

The American University professor says that debates, endorsements, rallies or even political platforms don't determine the winner. Rather, things like scandals, social unrest, charisma and the economy are among the best predictors.

Obviously, Trump has seen an abundance of scandals and so-

cial unrest, and the economy is tanking right now — all things that point to defeat. So Lichtman says the next president is going to be Joe Biden.

Halloween masks have long been indicators of a candidate's popularity. Richard Nixon, Ronald Reagan, Bill Clinton, George W. Bush and Barack Obama all outsold their opponents, according to Rubie's Costume Company, the world's largest costume manufacturer.

Four years ago, Trump latex masks outsold Clinton masks. This year, Trump masks are available, but the company didn't stock Biden masks this time. Interpret that however you like.

Then there's ChrisChris the squirrel, of North Charleston, South Carolina. ChrisChris took over the duties of presidential predictions this year from his deceased father, Gnocchi, who correctly predicted the last three presidential races, according to WCSC-TV.

According to the station, ChrisChris ate seven nuts from a bowl with Trump's name on it and three from Biden's bowl, which made Trump the winner. Just so there would be no mistaking his loyalty in this solidly red state, ChrisChris ate the Biden sign and gnawed on the former vice president's bowl.

Students at Benjamin Franklin Elementary School in New York state have accurately predicted the president since choosing Richard Nixon in a mock election in 1968. Trump messed up their 38-year winning streak, when they chose Clinton over him, 52% to 43%.

The school currently is operating remotely. No word yet on whether absentee ballots will be allowed this year.

There are reports that the political cookies at Lochel's Bakery in Hatboro, Pennsylvania, are flying off the shelves as they do every election year. Sales of the sugar cookies with Biden 2020 written in blue sprinkles and Trump 2020 in red sprinkles are currently being tallied. The bakery has used the treats to correctly determine the outcome of the past three presidential elections.

In Dallas, the Flying Saucer Draught Emporium has used its craft beer sales to accurately predict presidents since 2004. This year, beer drinkers can choose to have the brew served

By DAHLEEN GLANTON

Chicago Tribune

Dahleen Glanton is a columnist for the Chicago Tribune.



in a tall red glass with Trump's maskless face on it or a blue one with Biden wearing a mask and his signature aviator sunglasses.

The first lady's cookie recipe contest is off this year since the sponsor, Family Circle magazine, ceased publication. The contest predicted five of the past seven elections correctly. The last one ended poorly. The Clinton family's chocolate chip cookie recipe beat Melania Trump's sour cream star cookies in the poll.

Something as fickle as height could end up being the deciding factor. A study by political scientists at Texas Tech University found that Americans are more likely to vote for taller presidential candidates because we equate height with strength. That's good news for Trump, who stands 6 feet, 3 inches, compared with Biden's 6 feet.

Those thinking they might be able to look to the stars for answers are out of luck.

While some astrologists, numerologists and psychics have offered various predictions on social media, most are keeping their thoughts to themselves, saying that no one can be 100% correct.

A popular psychic at the Miraval Spa in Tucson, Arizona, predicted Trump's victory in 2016. In her annual New Year's Eve predictions in 2019, she said that Biden would win this year. She also said that Georgia politician Stacey Abrams would be vice president.

One thing they all agree on, though, is that it will take longer than usual to figure out who the winner is. We don't need the stars to tell us that.

A justice of our own

When I look back at my time in college, in law school and as a young attorney, my legal heroes were always men: Justices Antonin Scalia, Clarence Thomas and the "great dissenter," John Marshall Harlan. This never really struck me as odd, though. The most important thing to me was seeing my personal legal philosophy represented at the highest levels, regardless of whether the justices who held them reflected my gender.

However, if asked to think about it long enough, a part of me perpetually felt like a black sheep as a woman "originalist"—one who refuses to amend or "update" the meaning of statutes or the Constitution based on her personal preferences. I can count on one hand the number of women I knew in law school who took this approach. There certainly was no originalist Ruth Bader

Ginsburg-esque female icon for me to look up to and admire in the same way I did Justice Scalia.

Yes, there was Justice Sandra Day O'Connor. But, let's be honest, O'Connor was hardly the staunchest of originalists, even if she sometimes appeared as a female Scalia in comparison to the far more progressive Ginsburg. And please, don't misunderstand me—I adored Justice Ginsburg for many reasons. Yet I always felt some serious discomfort with considering her a personal legal hero. Sure, she was the Notorious RBG, but her legal views rarely reflected my own, even if her success on the highest judicial and cultural stages clearly benefitted me as a woman.

Enter Amy Coney Barrett. When she appeared in the national spotlight during her 2017 Circuit Court confirmation hearings, it was my introduction to a reality where women in the heights of the federal judiciary might truly reflect me. They might think about the law the way that I do.

Now Judge Barrett has become Justice Barrett. I watched a mother of seven give the nation a free clinic in originalism before the United States Senate, and I will never have words for what that meant. For the first time in my life, it felt like there was a seat at the table for originalist women—that there was a seat at the table for me.

Perhaps just as importantly, the mere existence of a Justice Amy Coney Barrett shatters cultural stereotypes that burdened so many originalists. Originalism is not some dying fringe philosophy of old white men. Originalism does not require a Y chromosome. I hope that Justice Barrett is just the beginning of America's introduction to a resurgent, lively, and diverse originalism.

There are women originalists. There are African American originalists. There are Asian American and Hispanic American originalists. There are LGBT originalists. There are protestant,

By AMY SWEARER

The Heritage Foundation

Amy Swearer is a legal fellow in the Edwin Meese III Center for Legal and Judicial Studies at The Heritage Foundation (heritage.org).



Catholic, Muslim, Jewish and atheist originalists. There are originalists who vote for Democrats, and originalists who vote for Republicans. This is not just in some broad sense that "we are all originalists now," but in a very real and concrete sense.

In other words, there are brilliant legal minds of every race, religion, gender and sexuality who understand that the role of a judge is not to legislate from the bench. Who understand that statutes and constitutions are not the playthings of the judiciary to be arbitrarily altered, updated or modified based on personal preferences or whims.

The confirmation of Justice Barrett is a great moment for America, and a great moment for originalism. I suspect that there will be many more great moments for other originalists of other demographics who have long felt the same disconnect I did.

But for conservative women in the legal field, the past week was particularly and uniquely glorious. Never again will a budding originalist woman in law school look in vain to find a feminine hero who truly reflects her ideals. Never again will we feel alone or peculiar in the grand scheme of legal history. Never again will we question whether we must shove ourselves into some progressive mold in order to succeed in the legal world.

In Justice Amy Coney Barrett, we finally have a justice of our own.

LETTER TO THE EDITOR

My commitment

Greetings,

Representing the people of the Marianas in the U.S. Congress, bearing responsibility for your wellbeing, especially in these days of disaster and pandemic, is a job I take on with all my heart.

What an extraordinary privilege it is in life to be given the opportunity to help so many individuals and the community I love.

I thank you all for your trust, as I ready for a seventh term in office. You have my commitment to continue to work as hard as ever and for all who live in our islands without fear or favoritism.

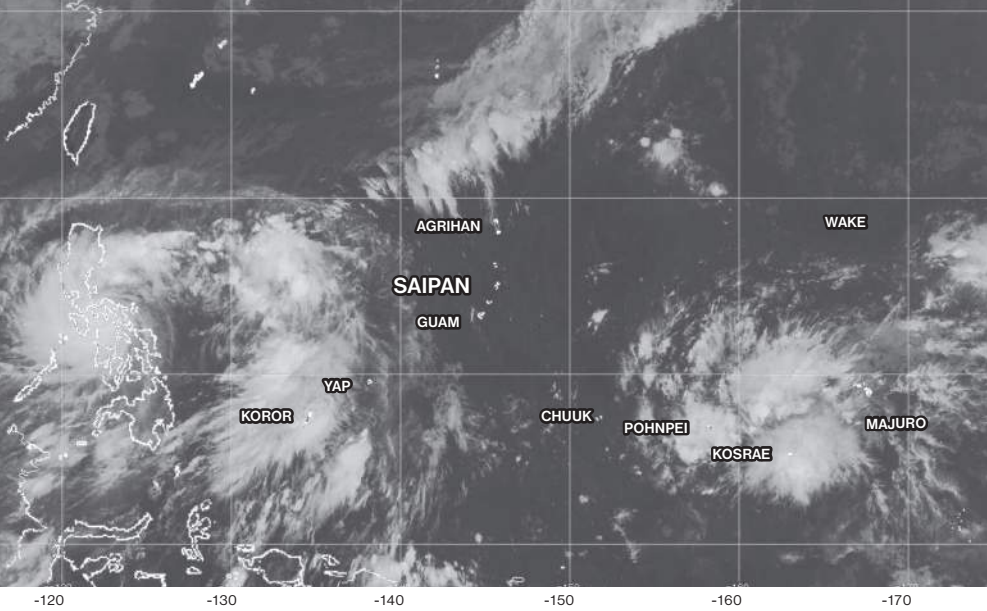
Together, we can overcome these hard times.

Gregorio Kilili C. Sablan

Member of Congress

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN									
TODAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Partly cloudy with isolated showers. East winds 5 to 15 mph.		Partly cloudy with isolated showers. East winds 5 to 15 mph.		Partly cloudy with isolated showers.		Mostly cloudy with scattered showers and isolated thunderstorms.		Mostly cloudy with scattered showers and isolated thunderstorms.	
88°	78°	88°	78°	88°	78°	87°	77°	87°	77°
YESTERDAY'S SATELLITE IMAGE									



PICTURE TIME: 7:49 AM, SUNDAY, NOVEMBER 1, 2020
Western North Pacific between equator and 25N from 130E to 180.

Guam Doppler weather radar shows only a few showers moving through the Marianas waters this morning. Satellite shows a trade-wind disturbance well to the east-southeast, currently near Kosrae. The buoys reveal combined seas of 4 to 5 feet, mainly composed of an east-northeast trade-wind swell.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

- Stay home as much as possible. Avoid unnecessary travel or public places.
- Avoid social gatherings in groups of more than 10.
- Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.
- Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.
- Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.
- Create a household plan of action, <https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html>
- Ensure a 30-day supply of all medicines.

seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561. These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mp and, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at <http://www.chcc.gov.mp/pressrelease.html> and at www.governor.gov.mp/covid-19.

Continue good hand hygiene

- Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.
- Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

- Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:
 - Choosing a room in your house that can be used to separate sick household members from others.
 - Washing your hands often with soap and water for at least 20

Source: Office of the Governor

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235.3740. E-mail: editor@saipantribune.com. Website: www.saipantribune.com.

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MICRONESIA			▲ ▼ °F
Guam and Rota	Thunderstorms	85° / 79°	
Palau	Thunderstorms	84° / 78°	
Yap	Thunderstorms	83° / 79°	
Chuuk	Thunderstorms	87° / 80°	
Pohnpei	Thunderstorms	86° / 77°	
Kosrae	Thunderstorms	86° / 77°	
Majuro	Partly Cloudy	86° / 81°	

DAY	SUNRISE	SUNSET
Today	6:13 AM	5:47 PM
Tuesday	6:13 AM	5:47 PM
Wednesday	6:14 AM	5:46 PM
Thursday	6:14 AM	5:46 PM
Friday	6:14 AM	5:46 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	7:16 AM	6:59 PM
Tuesday	-	8:06 AM	7:42 PM
Wednesday	-	8:58 AM	8:28 PM
Thursday	-	9:50 AM	9:18 PM
Friday	-	10:43 AM	10:12 PM

AROUND THE GLOBE			▲ ▼ °F
Auckland	Partly Cloudy	64° / 61°	
Beijing	Partly Cloudy	61° / 36°	
Hong Kong	Sunny	82° / 72°	
Honolulu	Thunderstorms	85° / 72°	
London	Partly Cloudy	59° / 45°	
Los Angeles	Partly Cloudy	69° / 56°	
Manila	Showers	88° / 79°	
Melbourne	Cloudy	61° / 46°	
Miami	Mostly Sunny	79° / 73°	
New York	Mostly Cloudy	56° / 52°	
Osaka	Sunny	64° / 48°	
Paris	Partly Cloudy	61° / 46°	
Busan	Partly Cloudy	68° / 55°	
Rome	Sunny	68° / 45°	
Salem	Mostly Sunny	75° / 54°	
San Francisco	Sunny	60° / 51°	
Seoul	Showers	64° / 48°	
Tokyo	Mostly Sunny	68° / 54°	
Washington, DC	Cloudy	56° / 51°	

TIDES: SAIPAN HARBOR TODAY			FEET
2:28 AM	LOW TIDE	-0.08	
9:07 AM	HIGH TIDE	1.70	
2:46 PM	LOW TIDE	0.91	
7:52 PM	HIGH TIDE	1.67	

FLIGHT SCHEDULE AS OF NOVEMBER 1, 2020

DEPARTURES				ARRIVALS			
SAIPAN-GUAM (GUM)				GUAM (GUM)-SAIPAN			
UA117	6:55am	7:35am	1, 4, 6	UA174	5:10am	5:51am	1, 4, 6
SAIPAN-MANILA (MNL)				MANILA (MNL)-SAIPAN			
UA117/183	6:55am	9:50pm	1 via Guam	UA184/174	10:40pm	5:51am+1	3, 5 via Guam
GUAM-MANILA (MNL)				MANILA (MNL)-GUAM			
UA183	8:00pm	9:50pm	1, 3, 5	UA184	10:40pm	4:30am+1	1, 3, 5

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF OCTOBER 8, 2020

SAIPAN TO ROTA				1205	11:00	11:15	Temporarily Unavailable
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	1206	12:00	12:15	Temporarily Unavailable
1301	8:30AM	9:00AM	Mon/Tues/Wed/Thurs/Fri	1207	13:00	13:15	Temporarily Unavailable
1302	11:00AM	11:30AM	Mon/Tues/Wed/Thurs/Fri	1208	14:00	14:15	Temporarily Unavailable
1303	3:30PM	4:00PM	Mon/Wed/Fri	1209	15:00	15:15	Daily
ROTA TO SAIPAN				1210	16:00	16:15	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	1211	17:00	17:15	Temporarily Unavailable
3101	9:30AM	10:00AM	Mon/Tues/Wed/Thurs/Fri	1212	18:00	18:15	Temporarily Unavailable
3102	12:00AM	12:30AM	Mon/Tues/Wed/Thurs/Fri	TINIAN TO SAIPAN			
3103	4:30PM	5:00PM	Mon/Wed/Fri	FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
ROTA TO GUAM				2101	7:30	7:45	Temporarily Unavailable
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	2102	8:30	8:45	Daily
3401	12:15	12:45	Temporarily Unavailable	2103	9:30	9:45	Daily
GUAM TO ROTA				2104	10:30	10:45	Temporarily Unavailable
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	2105	11:30	11:45	Temporarily Unavailable
4301	13:00	13:30	Temporarily Unavailable	2106	12:30	12:45	Temporarily Unavailable
SAIPAN TO TINIAN				2107	13:30	13:45	Temporarily Unavailable
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	2108	14:30	14:45	Temporarily Unavailable
1201	7:00	7:15	Temporarily Unavailable	2109	15:30	15:45	Daily
1202	8:00	8:15	Daily	2110	16:30	16:45	Daily
1203	9:00	9:15	Daily	2111	17:30	17:45	Temporarily Unavailable
1204	10:00	10:15	Temporarily Unavailable	2112	18:30	18:45	Temporarily Unavailable

Island Snapshots



REPUBLICAN MOTORCADE

The NMI Republican Party holds a motorcade on both Saipan and Rota last Oct. 18, 2020, and organizers claimed that it drew more than a thousand vehicles on both islands. The islandwide motorcades were held in the runup to the Nov. 3 election.

CONTRIBUTED PHOTOS



DEM PARTY PLATFORM LAUNCHED

On Thursday afternoon, Oct. 29, the CNMI Democratic Party candidates held a rendezvous at the Kilili Pavilion across the Gilbert C. Ada Gymnasium to launch their party platform, such as their goals for the future of the CNMI.

NEIL FAMA

Business

Chelu Alynez Ent. opens at Kada Dia



MARK RABAGO

Chelu Alynez Enterprises is a non-food merchandise store that sells 14/20 gold-filled jewelry, toys, and fashion accessories.

By MARK RABAGO
mark_rabago@saipantribune.com
ASSOCIATE EDITOR

Kada Dia in Susupe is more than a food court as other stores also populate the everyday market.

One such stall is Chelu Alynez Enterprises, which is a non-food merchandise store that sells 14/20 gold-filled jewelry, toys, and fashion accessories.

Lilia King, who owns the store, named it after her children—Alexander, Alexis, Alessandra, Alejandro, Alexio, Nez, and MagieRit—while “chelu” of course means “sibling” in Chamorro.

Like other tenants at Kada Dia, King opened Chelu Alynez Enterprises recently, choosing the new site beside the U.S. Postal Office because it’s in a strategic part of the island. “I choose Kada Dia Market because I believe this place is a new door for me to expand my business, to meet new and

old customers again...with extra precautions of course.”

So far, she said, her most popular product are the assorted jewelry she sells at Kada Dia.

Before COVID-19, King said she peddled her products at the flea market every Saturday at the Marianas Business Plaza or the old Nauru Building. Aside from her new location at Kada Dia, she said Chelu Alynez Enterprises has another location in her husband’s home island of Tinian.

“I also have a branch on Tinian where we sell other items like shoes, clothes, bags...non-food merchandise,” she said.

Like other businesses on island, Chelu Alynez Enterprises has suffered since the pandemic and that’s why she’s glad that Kada Dia gave her the opportunity to bring back the store. “This pandemic really affected my sales. In the beginning when the government announced that all the businesses we’re going to be

on lockdown, our store had no choice but to follow. I had to close so we had no sales and no income.”

As far as following the guidelines of the COVID-19 Task Force are concerned, King said Chelu Alynez Enterprises abides by them, especially since her Kada Dia store is very small. “I have all the precaution signs at the store for customers to follow. I also have my hand sanitizers and alcohol at the front door and customers must use them upon entry. Most of all, we have a strict no-mask, no-entry policy. Also, we can only allow two persons at a time at our store because of social distancing rules.”

Chelu Alynez Enterprises is located at Kada Dia on Saipan and at the PM Building in San Jose, Tinian. The Kada Dia store is open from 10am to 6pm. For more information, call 989-2747 or reach them through their Facebook page.



MARK RABAGO

Lilia King, who owns the store, named it after her children—Alexander, Alexis, Alessandra, Alejandro, Alexio, Nez, and MagieRit—while “chelu” of course means “sibling” in Chamorro.

Nation

Trump starts final battleground pitch

BUTLER, Pa. (AP)—President Donald Trump is mounting one final test of whether the massive crowds that often show up at his signature rallies will translate into votes as he finishes the final 48 hours of his reelection campaign with a dizzying onslaught of events in the battleground states that could decide the race.

The president will hold five rallies in five states on Sunday alone. He’ll hold seven more on Monday to close out the final full day of the campaign.

Down in the polls and at a cash disadvantage to his Democratic rival, Joe Biden, Trump is turning to rallies to help keep his message in front of voters. But it’s unclear whether they will broaden his appeal beyond those already likely to vote for him. And the packed—often unmasked—crowds risk deepening the pandemic at a time when coronavirus cases are surging across the U.S.

But Trump, still relishing his late-stage upset in the 2016 campaign, sees his showmanship as a central element of his outsider appeal that he hopes will resonate

again this year.

“Let me ask you, is there a better place to be anytime, anywhere than a Trump rally?” Trump asked a massive crowd Saturday in Butler, Pennsylvania, that responded in roaring approval.

With more than 91 million votes already cast, Trump and Biden are out of time to reshape the race. Instead, they’re focusing on their base and making sure that any potential supporters have either already voted or plan to do so in person on Tuesday.

For Biden, that means paying close attention to Black voters who are a critical part of the coalition he needs to build to win. His team is confident in Biden’s standing with women, college-educated voters and those who live in the suburbs.

But some Democrats worry that voters of color may not be excited about Biden and won’t show up in force to support him, which could be devastating in fiercely contested battleground states like Pennsylvania and Michigan.

The challenge is exacerbated by the Democratic

push this year to encourage voting by mail to prevent people waiting in long lines during a pandemic. But that runs counter to the tradition of some Black voters who prefer to vote in person on Election Day.

“Most Black voters in Philly have been skeptical of mail-in voting,” said Joe Hill, a veteran Democratic operative-turned-lobbyist from the city. “A lot of us have gotten our ballots already,” Hill said, but added, “Election Day has always been everything in Philadelphia.”

Biden will spend much of Sunday in Philadelphia encouraging voters to turn out. He’ll participate in a “souls to the polls” event that’s aimed at encouraging Black church congregations to organize and vote.

He held his first in-person campaign events with former President Barack Obama on Saturday in the predominantly Black cities of Detroit and Flint, Michigan. Obama will also campaign for Biden on Monday in Georgia and in South Florida, another area of potential concern if Latino voters sit out the election.

Exorcism: Increasingly frequent, including after US protests

In popular culture, exorcism often serves as a plot device in chilling films about demonic possession. This month, two Roman Catholic archbishops showed a different face of exorcism—performing the rite at well-attended outdoor ceremonies to drive out any evil spirits lingering after acrimonious protests.

The events’ distinctive character gave a hint of how exorcism—with roots in ancient times—has evolved in some ways as it becomes more commonplace in many parts of the world.

In Portland, Oregon, Archbishop Alexander Sample led a procession of more than 200 people to a city park on Oct. 17, offered a prayer, then conducted a Latin exorcism rite intended to purge the community of evil. The event followed more than four months of racial justice protests in Portland, mostly peaceful but sometimes fueling violence and riots.

On the same day, 600 miles to the south, San Francisco Archbishop Salvatore Cordileone performed an exorcism ceremony outside a Catholic church in San Rafael, where protesters had earlier toppled a statue of Father Junipero Serra.

“We pray that God might purify this place of evil spirits, that he might purify the hearts of those who perpetrated this blasphemy,” Cordileone said.

Serra was an 18th-century Spanish missionary priest, long praised by the church for bringing Roman Catholicism to what is now the western United States. His critics say that Serra, in converting Native Americans to Catholicism, forced them to abandon their culture or face brutal punishment.

Cordileone said the exorcism prayers in Latin, remarking that “Latin tends to be more effective against the devil because he doesn’t like the

language of the church.” The prayers were different from those offered when a person is believed to be the subject of demonic possession.

Two experts on exorcism—religious studies professor Andrew Chesnut of Virginia Commonwealth University and the Rev. Pius Pietrzyk of St. Patrick’s Seminary and University in California—recalled no other recent exorcisms in the U.S. similar to those in Oregon and California.

Chesnut noted that in Mexico, some high-ranking Catholic clergy performed an exorcism in 2015 seeking to expel demons nationwide. Participants said they were responding to high levels of violence, the practice of abortion and the crimes of the drug cartels.

More broadly, Chesnut said exorcism, in its traditional form as a demon-chaser, is increasingly widespread around the world, though there are no official statistics.

Asia

Super typhoon slams into PH

MANILA, Philippines (AP)—A super typhoon slammed into the eastern Philippines with ferocious winds early Sunday and about a million people have been evacuated in its projected path, including in the capital where the main international airport was ordered closed.

"There are so many people who are really in vulnerable areas," said Ricardo Jalad, who heads the government's disaster-response agency. "We're expecting major damage."

Typhoon Goni hit the island province of Catanduanes at dawn with sustained winds of 225 kilometers (140 miles) per hour and gusts of 280 kph (174 mph). It was blowing west toward densely populated regions, including Manila, and rain-soaked provinces still recovering from a typhoon that hit a week ago and left at least 22 dead.

"Within the next 12 hours, catastrophic violent winds and intense to torrential rainfall associated with the region of the eyewall and inner rain bands of the typhoon will be experienced," the Philippine weather agency said in an urgent advisory.

It said Catanduanes and four other provinces will be first hit, including Albay, where tens of thousands of villagers have been moved to safety, especially near the ac-



In this photo provided by the Philippine Coast Guard, members of the Philippine Coast Guard carry a child as they are evacuated to safer ground in Camarines Sur province, eastern Philippines on Saturday Oct. 31, 2020 as they prepare for typhoon Goni.

tive Mayon volcano, where mudflows have caused deaths during past storms. Residents have been warned of likely landslides, massive flooding, storm surges of more than 5 meters (16 feet) and ferocious wind that can blow away shanties.

One of the most powerful typhoons in the world this year, Goni has evoked memories of Typhoon Haiyan in November 2013, which left more than 7,300 people dead and missing, flattened entire villages, swept ships inland and displaced more than 5 million in the central Philippines.

Jalad said nearly a million people have been preemptively moved into emergency shelters, mostly schools and government buildings. He

warned of storm surges that could inundate coastal villages, including in Manila Bay.

Forecasters said the typhoon's eye may hit or graze metropolitan Manila, the densely populated capital region of more than 13 million, late Sunday to early Monday and asked the public to brace for the worst. The typhoon may considerably weaken after it hits the Sierra Madre mountain range, then cross the main northern Luzon island toward the South China Sea.

Manila's main airport was ordered shut down for 24 hours from Sunday to Monday and airlines canceled dozens of international and domestic flights. The military and national police, along with the coast guard and firefighters, have been put on full alert.

Australia to spend on vaccines for wider region

CANBERRA, Australia (AP)—Australia has announced it will spend 500 million Australian dollars (\$351 million) to secure COVID-19 vaccines for the Pacific and Southeast Asia "as part of a shared recovery for our region from the pandemic."

The government said it would use a range of advance purchase agreements with manufacturers via the global COVAX Facility plan, which aims to ensure virus vaccines are shared with all nations.

"We are committing an additional AU\$500 million over three years towards this effort," it said. "The funding will further help ensure that the countries of the Pacific and East Timor are able to achieve full immunization coverage, and will make a significant contribution toward meeting the needs of southeast Asia."

"A fast, safe vaccine rollout ... will mean we are able to return to more normal travel, tourism and trade with our key

partners in the region."

Meanwhile, officials in Victoria state reported just one new case of COVID-19 on Saturday as Melbourne residents head into a weekend of greater social freedom.

Figures from the state's Health Department show an average of just 2.4 new cases per day for the past 14 days.

The easing of restrictions means families can visit each other at home. A 25-kilometer (15-mile) travel limit remains in place and outdoor gatherings are still capped at 10 people.

It will be an emotional weekend for many people who have been unable to see their families or close friends for months.

Victoria's COVID-19 death toll stands at 819 and the national figure is 907.

State premier Daniel Andrews did not face the media on Saturday, bringing his daily news conference marathon to an end. The state leader had held news conferences for

120 consecutive days starting on July 3.

In other developments in the Asia-Pacific region:

■ For the first time, Sri Lanka police have arrested dozens of people for not wearing masks and failing to maintain social distancing, under the new laws imposed to contain the spread of the coronavirus. Police spokesman Ajith Rohana said 39 people were detained, and separately, another 221 were held for violating a curfew. Since Thursday, the government has imposed the curfew in the whole of Western province where new outbreaks at a garment factory and the main fish market were discovered early this month. It includes the capital Colombo, where nearly 30% of the 22 million population live. Infections from the two clusters have grown to 6,945 by Saturday, bringing to over 10,000 the number of confirmed cases in the country including 19 deaths.

World

England to enter new lockdown

LONDON (AP)—British Prime Minister Boris Johnson on Saturday announced a new month-long lockdown for England after being warned that without tough action a resurgent coronavirus outbreak will overwhelm hospitals in weeks.

On the day the U.K. passed 1 million confirmed COVID-19 cases, Johnson made a sudden about-face and confirmed that stringent restrictions on business and daily life would begin Thursday and last until Dec. 2.

He said at a televised news conference that "no responsible prime minister" could ignore the grim figures.

"Unless we act, we could see deaths in this country running at several thousand a day," said Johnson, who was hospitalized earlier this year for a serious case of COVID-19.

Under the new restrictions, bars and restaurants can only offer take-out, non-essential shops must close and people will only be able to leave home for a short list of reasons including exercise. Activities ranging from haircuts to foreign holidays must once again be put on hold.

Unlike during the U.K.'s first three-month lockdown earlier this year, schools, universities, construction sites

and manufacturing businesses will stay open.

As in other European countries, virus cases in the U.K. began to climb after lockdown measures were eased in the summer and people began to return to workplaces, schools, universities and social life. The Office for National Statistics estimated Friday that 1 in 100 people in England, well over half a million, had the virus in the week to Oct. 23.

Johnson had hoped a set of regional restrictions introduced earlier in October would be enough to push numbers down.

But government scientific advisers predict that on the outbreak's current trajectory, demand for hospital beds will exceed capacity by the first week of December, even if temporary hospitals set up during the first peak of the virus are reopened.

The scientists warned COVID-19 hospitalizations and deaths could soon surpass the levels seen at the outbreak's spring peak, when daily deaths topped 1,000. The government's chief scientific adviser, Patrick Vallance, said the mortality rate had "potential to be twice as bad, if not more" than it was during the pandemic's first

European wave, if nothing was done.

As European countries such as France, Germany and Belgium in imposing a second lockdown amid surging caseloads, it looked inevitable that Johnson would have to follow.

Official figures announced Saturday recorded 21,915 new cases confirmed in the last 24 hours, bringing Britain's total since the start of the pandemic to 1,011,660. Britain's death toll from the coronavirus is 46,555, the highest in Europe, with 326 new deaths announced Saturday.

The United States, India, Brazil, Russia, France, Spain, Argentina and Colombia have also recorded more than 1 million cases, according to a tally by Johns Hopkins University. Scientists say the true number of cases is much higher because not everyone with the virus is tested.

Any new lockdown will need Parliament's approval, and a vote is scheduled for Wednesday. The new restrictions would apply to England. Other parts of the U.K. set their own public health measures, with Wales and Northern Ireland already effectively in lockdown and Scotland under a set of tough regional restrictions.

Death toll reaches 39 in quake that hit Turkey, Greek island

IZMIR, Turkey (AP)—Three young children and their mother were rescued alive from the rubble of a collapsed building in western Turkey on Saturday, some 23 hours after a powerful earthquake in the Aegean Sea killed at least 39 people and injured more than 800 others. One of the children died soon after being rescued, while a fourth child was still trapped.

The Friday afternoon quake that struck Turkey's Aegean coast and north of the Greek island of Samos registered a magnitude that Turkish authorities put at 6.6 while other seismology institutes said it measured 6.9. It toppled buildings in Izmir, Turkey's third-largest city, and triggered a small tsunami in the Seferihisar district and on the Greek island. Hundreds of aftershocks followed.

At least 37 people were killed in Izmir, Turkish President Recep Tayyip Erdogan said from a crisis coordina-

tion center before visiting the wrecked sites. Among them was an elderly woman who drowned in the tsunami.

But rescue teams on Saturday made contact with 38-year-old Seher Perincek and her four children—ages 3, 7 and 10-year-old twins—inside a fallen building in Izmir and cleared a corridor to bring them out.

One by one, the mother and three of her children were removed from the rubble as rescuers applauded or hugged. The survivors, including 10-year-old Elzem Perincek, were moved into ambulances on stretchers.

"I'm fine; I was rescued because only one of my feet was pinned. That foot really hurt," she said.

The health minister as well as rescue worker Ahmet Yavuz told HaberTurk television hours later that one of the children had died after being rescued. They were still trying to reach the other child, Yavuz said.

More than 5,500 rescuers from different agencies and cities worked together to reach survivors, at times hushing the crowds to listen into the rubble with sensitive headphones and crawling through the cracks. A 65-year-old man was saved 26 hours after the quake. Rescue work continued in nine buildings.

Earlier Saturday, search-and-rescue teams lifted teenager Inci Okan out of the rubble of a devastated eight-floor apartment building. Her dog, Fistik, or Pistachio, was also rescued, Turkish media reported.

A video showed a female rescuer trying to calm down the 16-year-old girl under the rubble as she inserted a catheter. "I'm so scared," the girl cried. "Can you hold my hand?"

"We are going to get out of here soon," the rescuer, Edanur Dogan, said. "Your mother is waiting outside for you."

Health & Wellness

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MAYO CLINIC Q AND A

Running for better health

DEAR MAYO CLINIC: A few neighbors formed a running group to train for a marathon in 2021. I'm thinking about joining them as I know that running can be good exercise, but I've never run before. Is running a marathon actually good for my health? Should I do certain things to avoid injuries?

ANSWER: Being active and engaging in regular aerobic exercise is important for overall heart health and wellness. Typically, 30 minutes of moderate intensity activity five days a week is recommended for most healthy adults. Running is a simple, low-cost exercise, and you should be commended for starting a new exercise regimen.

As a first-time runner, I'd recommend that you talk with your health care provider about any concerns, especially if you have any health conditions, such as high blood pressure, heart issues or a history of prior musculoskeletal injuries. Ask your health care provider about any symptoms that you might want to watch for when you run.

Before starting out, I would sug-

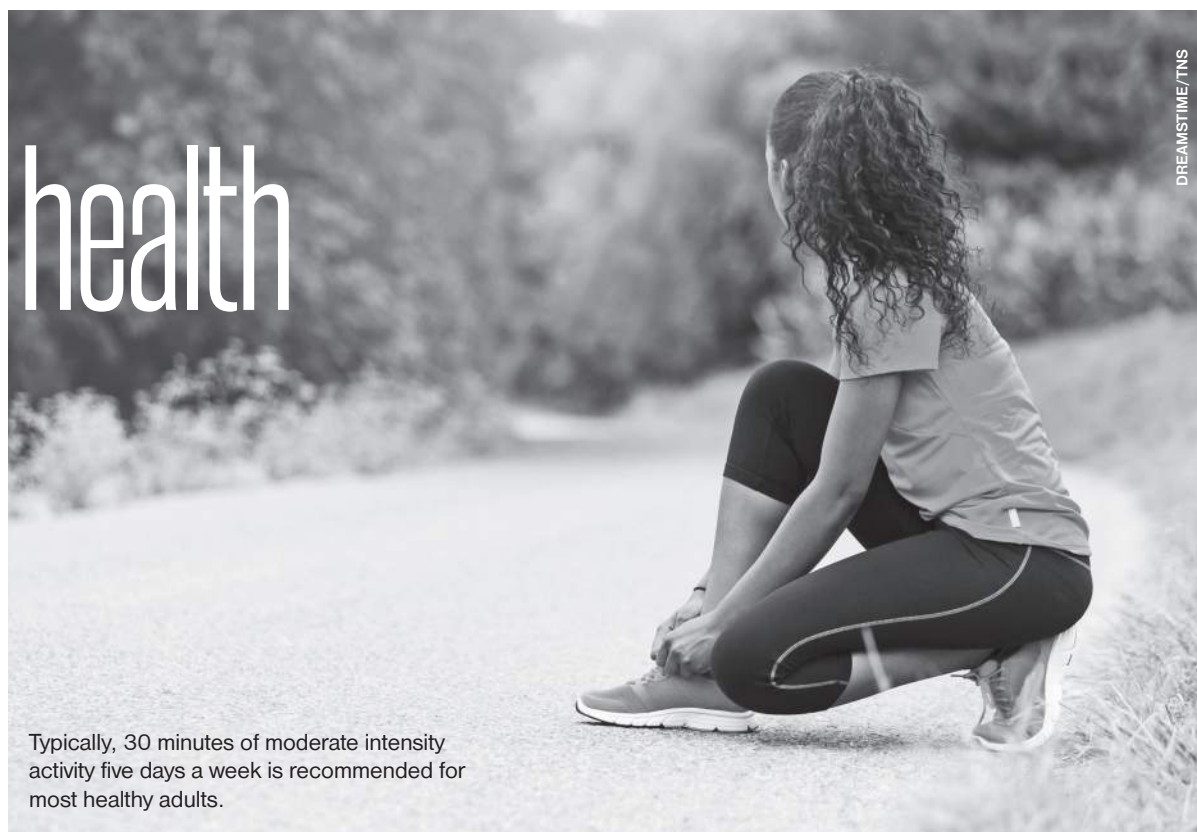
gest you invest in a good pair of running shoes and make sure that you warm up and stretch prior to any run. Focus on cross training with exercises that strengthen your hips and core.

If your neighbors are seasoned runners, you may want to consider joining a training program to help you build stamina and increase your mileage over time.

As a novice runner, a marathon may sound overwhelming, but recent research shows that it really could be the key to better health. A study out of the United Kingdom showed first-time marathon runners significantly improved their cardiovascular health during training for a 26.2-mile race.

Specifically, this study showed participants had improvements in overall cardiovascular health but particularly related to the stiffness of the aortic vessel. This is important because as people age, the body's vessels become stiffer. This can be detrimental to your health since with stiff vessels your body has to work harder to pump blood.

In addition to runners having a substantial decrease in the stiffness of



Typically, 30 minutes of moderate intensity activity five days a week is recommended for most healthy adults.

the aortic vessel, which moves blood throughout our body, the study found marathon training improved blood pressure.

The study looked at marathon runners six months prior to training and three weeks after they completed the London Marathon. On average, the subjects ran about 6 to 13 miles in training per week.

If running a marathon seems too daunting, consider a half marathon or a 5K. The cardiovascular benefits of running remain, no matter the dis-

tance. One of the most interesting findings of the UK study was that the slowest runners had the greatest improvements in cardiovascular health.

If running is not enjoyable or you have other issues—let's say your knees or back make it challenging to run—you can still benefit from lacing up your sneakers. Walking regularly at a brisk pace can result in improvements in overall cardiovascular health and vessel stiffness.

Whatever activity you chose, the key is that you want to aim for at

least 30 minutes of moderate intensity activity five days a week. Walking or running with the neighbors is a great way to combine exercise and socialization. And if you're wondering about the definition of moderate intensity, you should be able to carry on a conversation, but you should not be able to carry a tune. (*Mayo Clinic News Network*)

Dr. Sara Filmlalter, Family and Sports Medicine, Mayo Clinic, Jacksonville, Florida

Is the business lunch dead? In the days of COVID-19, lunch breaks can mean biking, hiking meetings

By JEFFERSON GRAHAM
USA TODAY

When COVID-19 hit, it upended the workplace tradition of the business lunch.

Now Jeremy Welt, a marketing consultant, takes his meetings on bike rides or canyon hikes.

"It just got to the point where it was time to meet with people again and go beyond the phone, beyond the Zoom call," says Welt. "And being outside just seemed safer."

Living in L.A., where it can be perpetually 72 degrees, helps. There are bike trails up and down the state, many car free and by the beach, and canyon trails that attract lovers of the outdoors year round.

Interviews with several people who have ditched the lunch for the 2020 version of the business golf outing say they don't want to go back to the old way in post-COVID times. They feel healthier being outside and less distracted.

For Natalie Barrad, who runs a marketing company in Aliso Viejo, California, near Los Angeles, she's been hiking, biking and even swimming with clients.

"The traditional ways we used to meet are no longer, so now we've become creative in the ways we get together with clients or peers," she says. Barrad has scheduled swim workouts at a local pool, to "talk



strategy" in-between laps.

"The intensity of the workout isn't the same, but you're not checking your phone and you can stay on topic." And by putting in some laps in-between the conversation, "it gives you an opportunity to digest what was just said, and come back with another thought."

As she noted: "No more coffee shops anymore."

Speaking of Starbucks, Peet's Coffee, Coffee Bean and Tea and many other chains, these were the types of places business people gathered to meet up for years, but in COVID times, they are either shut for inside

seating, or have limited outside seating. For people worried about being closer than six feet apart from one another, that could be a problem.

But on a bike, wearing a mask and cruising on the paved beach bike or open mountain trail, no such issues to worry about.

After years of business lunches, on the bike, "we're getting exercise at the same time, our blood is flowing and the overall quality of the conversation is much higher," says Welt.

He started biking after getting an invite from an associate, and had to scramble to play along. Since March, new bikes have become back-ordered

and hard to come by. The only model available to Welt was a model missing the horizontal crossbars. He was happy to just have a bike.

He hasn't picked up new business on the business rides, "but I've learned a lot. Way more than in an e-mail or Zoom call. There's just something about looking someone in the eye, and a conversation that has some way to breathe that is just more real."

And Welt is enjoying the new normal so much that he drives to the beach to meet associates, and takes along a beach chair and umbrella to work with his iPad afterwards.

"There's just something about being out in nature," he says. "It's just good for the brain."

It's happening all over. In Nashville, Mimi Bliss, who teaches companies how to be Zoom savvy, has been meeting clients on walks, as a way for both get away from the video screen.

"You're moving, you're not sitting and this an opportunity to connect to people," she says. "We're at a nice time of the year where the weather is nice (60 degrees) and it's great to get out of the house and be outside."

Her hope: "Let's walk" replaces "Let's have lunch," or meet for coffee post-COVID.

And beyond the hiking and cycling, in Beaverton, Oregon, Andrew Funderburg has come up with a novel way to meet his clients. The

owner of the Fundy Design photography software studio, he had seen clients from his booth at the many trade shows he attended yearly.

So with COVID and trade shows canceled, he's driving to them, in a self-converted cargo van stocked with coffee and beer. So far this year he's been to Boise and Salt Lake City and is planning a trip later this year to Southern California.

"We sit outside and chat one on one," he says of the van outdoor meetings, where he adds that he can go "deeper," in conversation than on a busy trade show floor.

Meanwhile, back in Southern California, Barrad notes that in the corporate world, what she's doing now in bike and hiking trails was always accomplished on the golf course. "You would build a relationship in a very unique way that you couldn't do over a business lunch," she says. "This just seems more authentic, because you're constantly moving."

And Alex Kruglov, the founder of the pop.in social games website, who has accompanied Welt on beach bike rides, has transitioned to either bike-and-talk or walk-and-talk meetings, so much so that he now finds himself uncomfortable at a traditional coffee or conference room meeting.

"I get fidgety," he says. "I didn't know what to do with my hands. I'm so used to the motion based meeting now."

Life & Style

Netflix raising US streaming prices amid booming growth

SAN RAMON, Calif. (AP)—Netflix is raising most of its U.S. prices by 8% to 13% as its video streaming service rides a wave of rising popularity spurred by government-imposed lockdowns that corralled people at home during the fight against the pandemic.

The increases imposed Friday boost the cost of Netflix's

most popular U.S. streaming plan by \$1 to \$14 per month, while a premium plan that allows more people to watch the service on different screens simultaneously will now cost \$2 more at \$18 per month. Netflix's basic U.S. plan remains at \$9 per month. It marks Netflix's first price changes in the U.S. since an increase rolled out early last year.

New U.S. subscribers will be charged the higher prices immediately, while the increases will affect existing customers in phases during the next few months. Netflix ended September with 73 million subscribers in U.S. and Canada, with the overwhelming majority located in the U.S.

The move had been widely expected after Netflix raised

its prices in Canada earlier this month and then ended free 30-day trials in the U.S.

Netflix's price hike comes amid a surge in worldwide growth as efforts to contain the novel coronavirus closed down restaurants, theaters and other entertainment venues. The Los Gatos, California, company gained 28 million

worldwide subscribers during the first nine months of the year, already eclipsing its growth for the entire year of 2019. This year's subscriber increases included an additional 5.4 million customers in the U.S. and Canada.

But the price increases may test the bounds of Netflix's popularity, especially

if the pandemic-driven recession deepens and forces more U.S. households to curtail their spending.

After Netflix raised its U.S. prices early last year, the streaming service suffered a decline of 130,000 subscribers in the U.S. and Canada from the end of March to the end of June.

Scarlett Johansson, Colin Jost marry in private ceremony

LOS ANGELES (AP)—Scarlett Johansson and Colin Jost have tied the knot a year after engagement.

Meals on Wheels America announced Thursday on Instagram that Johansson and Jost married over the weekend in an intimate ceremony. The post said the couple's wed-

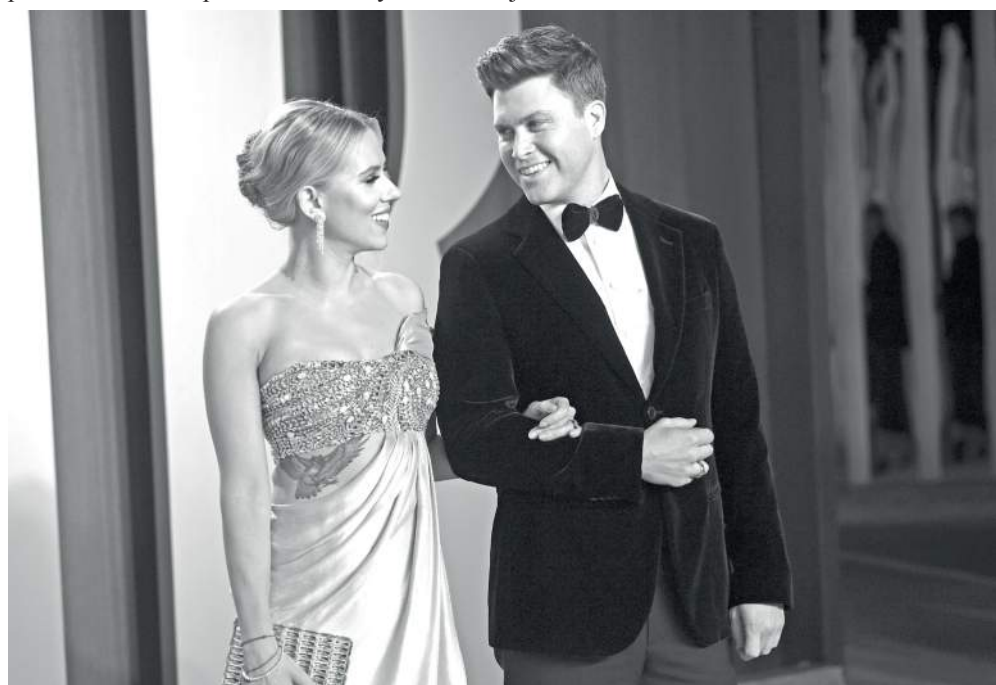
ding followed the COVID-19 safety precautions as "directed by the CDC."

The actress and "Saturday Night Live" star got engaged in 2019 after dating two years.

Johansson, 34, was previously married to actor Ryan Reynolds and journalist Ro-

main Dauriac. She and Dauriac share a daughter named Rose, who was born in 2014.

This is the first marriage for the 38-year-old Jost, who is the co-anchor of "SNL's" Weekend Update. Jost performed on the most recent episode, which was hosted by Adele.



(PHOTO BY EVAN AGOSTINI/INVISION/AP, FILE)

In this Feb. 9, 2020 file photo, Scarlett Johansson, left, and Colin Jost arrive at the Vanity Fair Oscar Party in Beverly Hills, Calif. Meals on Wheels America announced Thursday on Instagram that Johansson and Jost married over the weekend in an intimate ceremony.

Actor Lori Loughlin reports to prison in college scam

BOSTON (AP)—"Full House" actor Lori Loughlin has reported to a federal prison in California to begin serving her two-month sentence for her role in the college admissions bribery scandal, authorities said Friday.

The U.S. Attorney's office in Boston said Loughlin was being processed at the federal lockup in Dublin, California.

"The parties recently agreed that the defendant can report to prison on October 30, 2020, instead of

on November 19, 2020. The defendant has further agreed that, during her two month sentence, she will not seek an early release from prison on COVID-related grounds," prosecutors said in a statement.

Under the Bureau of Prisons' coronavirus protocols, Loughlin will be screened and tested for COVID-19 and will be placed in quarantine for 14 days.

The low-security prison in Northern California houses 874 inmates and had

two positive coronavirus cases among inmates, as of Friday morning, federal statistics show.

In August, Loughlin was sentenced to two months and her fashion designer husband, Mossimo Giannulli, got five months for paying half a million dollars in bribes to get their two daughters into the University of Southern California as rowing recruits.

Prosecutors said Giannulli didn't report to prison with Loughlin on Friday.

Andrew Lloyd Webber releases first song from 'Cinderella'

NEW YORK (AP)—Andrew Lloyd Webber is celebrating the 50th anniversary of the release of his "Jesus Christ Superstar" album with the first single from his latest musical, "Cinderella."

The rollicking song is called "Bad Cinderella" and it's sung by Carrie Hope Fletcher, who will play the title character in what is being billed as a "complete reinvention of the classic fairytale."

The single is a portrait of a fearsome woman standing apart from society's rules: "They call me a witch/A witch/Well, choose one," the

heroine sings. "Every fairytale for sure can use one/Sorry I'm so rude/Sorry you're so lame/I won't play your game."

Lloyd Webber and his cast were ready to start rehearsals in the spring in London when they—and many theaters across the globe—were stopped by the virus pandemic. Waiting has been frustrating and he and the cast recorded the cast album in their homes during lockdown. He hopes releasing music will help.

"We couldn't find any other way to getting it out," said the composer Thursday from the

bar in the London Palladium as he waited for a listening party for the upcoming clutch of songs. "It's the only way I could get my music out and present the score."

Fifty years ago this month, Lloyd Webber and lyricist Tim Rice, unable to get any theaters to put on a production of "Jesus Christ Superstar," switched the regular order and released a cast album first.

That led to interest and set Lloyd Webber on a steady course to musical and theatrical superstardom, with such shows as "Cats," "Phantom of the Opera" and "Evita."

Grind of pandemic taking a toll on couple's ability to connect

DEAR ABBY: My husband and I have experienced a serious disconnect since the COVID-19 outbreak. I have very little interest in him and ZERO desire when it comes to sex. We have two small children at home, so Mommy/Daddy time is now nonexistent.

We haven't left our home in five months and I'm beyond frustrated. I know he wants to keep us safe, but when I see pictures online and hear about my friends and family still going out—living their lives—it makes me depressed, anxious and to be honest, grumpy! He says he loves me, but he has started to resemble a Neanderthal. He doesn't shower regularly and doesn't shave for weeks on end.

I can't remember the last time I put on makeup, jewelry, perfume or even a cute outfit. Frumpy isn't a word I would use to describe myself, but it's how I feel and how I'm looking these days. He says my lack of desire is confusing, so now I feel attacked and inadequate and like I'm letting him down.

I love him, I do! But, right now I'm just not feeling it. I miss the days when I felt special, loved, admired and appreciated. Now it's nothing more than laundry, cleaning, picking up messes, home-schooling and asking what they want to eat next. Did I mention dishes? It's time, Abby. I need to get my groove back! Any suggestions?

MARRIED TO A NEANDERTHAL

DEAR MARRIED: It's time to clear the air. Tell your husband what you have told me—starting with the fact that you feel depressed, anxious, trapped, out of sorts and he now resembles a Neanderthal. (It may make him feel less "confused.") If you have been doing all the chores alone, it is important that he pitch in.

You both may need to get out of your cage once in a while. Dress up and go for an outdoor meal (lunch?) with a friend. Take your kids to the park. Your husband should do the same. However, if he can't bring himself to do that, he needs to understand that depression and isolation may be a threat to your marriage.

DEAR ABBY: I've known my friend "Bob" for many years. We both love cars and have attended car shows together. A few months ago we made tentative plans to attend an upcoming car event together. I texted him as the date neared, but he responded that he might be out of town. When I didn't hear from him again, I assumed he couldn't go.

During a group conversation at a social gathering a few weeks later, I heard Bob say he had attended the event with another friend. I'm certain he didn't forget about our prior conversation. I don't know why he shut me out, but I feel he was dishonest. I have been avoiding him ever since.

Part of me wants Bob to know that I'm aware of what he did.

DEAR ABBY

By **ABIGAIL VAN BUREN**
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



Another part thinks it would be best to leave the subject alone. Either way, I'm inclined to discontinue our friendship. Am I overreacting?
JADED IN THE WEST

DEAR JADED: Bob may have wanted a change of pace and didn't know how to say it. I can see why you felt hurt. Because you are inclined to end your long friendship with him over this, ask Bob why he handled the situation the way he did. If you do, it may save your relationship.

Abby shares more than 100 of her favorite recipes in two booklets: "Abby's Favorite Recipes" and "More Favorite Recipes by Dear Abby." Send your name and mailing address, plus check or money order for \$16 (U.S. funds) to: Dear Abby, Cookbooklet Set, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

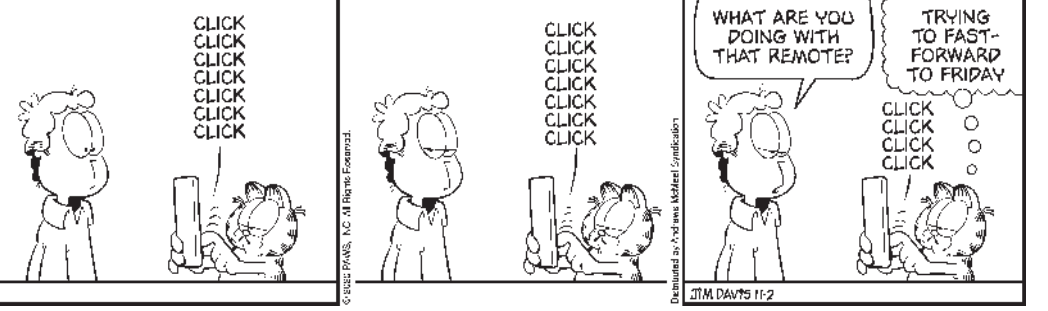
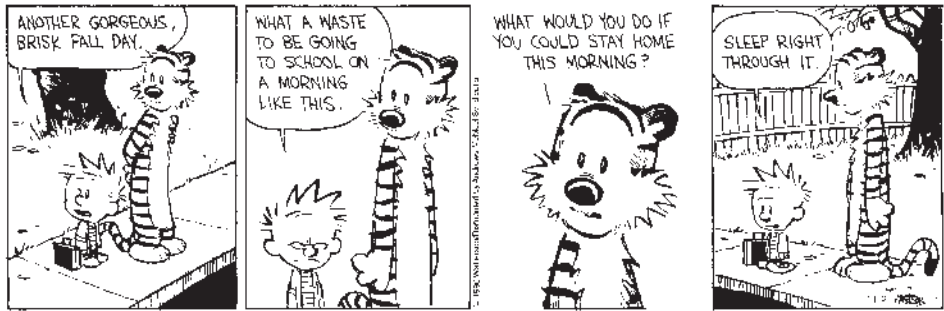
Pastimes

Calvin and Hobbes

By Bill Waterson

Garfield®

By Jim Davis



Adam@home

By Bryan Basset

The Duplex

By Glenn McCoy



CROSSWORD By Eugene Sheffer

ACROSS

1 Byron or Tennyson
5 Bikini top
8 Prolonged sleep
12 Jai —
13 Corn spike
14 Baseball stats
15 Office note
16 14 days
18 Sarajevo locale
20 Make numb
21 Terse denial
23 Brit. record label
24 Play by Sam Shepard
28 Antitoxins
31 Charged bit
32 "It must be — news day"
34 Snooze
35 Mint product

37 Household thirst
39 Dandy guy
41 2004 on a cornerstone
42 Tea biscuits
45 Danny of "Moonstruck"
49 Battles between gangs
51 Ark builder
52 Witty Bombeck
53 Cistern
54 Atop
55 Tree home

56 UFO pilots
57 Canadian gas brand

DOWN

1 Gentle soul
2 Bread spread
3 Runs (into)
4 "Alfie" singer
5 Software trial
6 Cold and damp
7 Yankee nickname
8 Donut fillers
9 Well-behaved
10 Karaoke prop
11 Org.
17 Teeny home
19 Hawkeyes
22 Imam's faith
24 Twitch
25 Kanga's kid
26 Military outfits
27 Sail supports
29 "Norma —"
30 Earth Day mo.
33 V-J Day ended it
36 Like skim milk
38 Broad street
40 Church seat
42 British gun
43 Heal
44 Rescue
46 Cuts off
47 Cambodia neighbor
48 "It can't be!"
50 Snitch

Solution time: 26 mins.

A	E	T	A	V	A	T	B	E	T	S
I	R	A	G	O	V	A	O	R	E	C
J	E	T	T	E	R	E	R	A	N	
S	I	A	I	N	S	I	O	N		
			D	D	F	I	A	G	O	O
K	O	R	E	A	W	E	T	I	N	E
I	V	E	S	L	O	T	A	L	M	A
W	E	E	G	E	E	R	E	S	E	T
I	N	D	E	N	T	G	E	S		
			M	U	D	F	O	C	H	S
R	E	N	O	O	C	T	U	P	L	E
C	T	A	T	W	H	A	O	R		
D	A	T	E	N	A	T	E	G	A	P

Last Friday's Answer 11/02

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18				19			20			
			21			22	23			
24	25	26				27	28	29	30	
31			32			33	34			
35			36		37		38			
		39		40		41				
42	43			44		45		46	47	48
49					50			51		
52				53				54		
55				56				57		

STUMPED? For answers to today's crossword, call 1-800-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Marisol Nichols, 47; David Schwimmer, 54; k.d. lang, 59; Stefanie Powers, 78.

Happy Birthday: Change is favored. Embrace what life has to offer, and stimulate your mind as you pursue goals. Apply the life lessons you have encountered, and utilize your skills. Travel down whatever path you find inviting. Let go of the past, and focus on your dreams. Experience is the spice of life. Start taking steps that lead to your chosen destination. Your numbers are 6, 10, 21, 26, 34, 37, 42.

ARIES (March 21-April 19): The past will be informative when you decide to make adjustments to your relationship with someone close. Refuse to let anger take over when patience and understanding are required. Put moderation and thoughtfulness first. Romance is encouraged. ★★★★★

TAURUS (April 20-May 20): A change may be overdue, but before you take flight, work out all the small but essential details. Don't let a lack of communication lead to a misunderstanding. Supply the necessary information to ensure you get what you want. ★★★

GEMINI (May 21-June 20): Pay closer attention to the way you present yourself to others. Your appearance, gestures and thoughtfulness will determine what type of response you receive. Listen carefully, and offer only what you know you can deliver. ★★★

CANCER (June 21-July 22): A personal change you want to make will influence someone close to you. Before you implement your plans, be sure you have the ap-

proval necessary to avoid interference. Keep your health, money and passwords safe. ★★★

LEO (July 23-Aug. 22): Pull in help from the people you know who can count on to do things your way. Having reliable people to work with will make a difference in the way you manage your responsibilities. Romance is featured. ★★★★★

VIRGO (Aug. 23-Sept. 22): Take care of odds and ends, then you'll feel better about starting something new. A move someone makes will prompt you to look into whether you should follow suit. New beginnings look promising. Make stability and happiness priorities. ★★★★★

LIBRA (Sept. 23-Oct. 22): Revisit an old idea. Consider what you will have to do to keep the peace and follow a path that excites you. Researching, talking to experts and following your heart will lead to a better future. Love will enhance your life. ★★★

SCORPIO (Oct. 23-Nov. 21): Assess partnerships. Determine who brings out the best or the worst in you, and align yourself with people who can help you grow mentally, emotionally and financially. Learn from those with more experience, and teach those trying to follow in your footsteps. ★★★

SAGITTARIUS (Nov. 22-Dec. 21): Keep your life simple, stick to the truth and question anything that doesn't seem right to you. Knowledge and information will make a difference when deciding what you want to do and who you want to associate with personally and professionally. ★★★

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan. 19): Don't let confusion set in; go directly to the source and find out all you need to know to make an informed decision. Someone you least expect will throw you under the bus if given a chance. Protect your reputation. ★★



AQUARIUS (Jan. 20-Feb. 18): You are in a position to wheel and deal. Look for bargains, and be honest about what you want. Fix up your surroundings, encourage someone you love and make romantic plans. A physical change will lift your spirits. ★★★★★



PISCES (Feb. 19-March 20): Refuse to let your emotions take over. Someone will use manipulative tactics to push you in a questionable direction. You have to make decisions based on what you feel comfortable doing. Don't give in to peer pressure or bullying. ★★

Birthday Baby: You are persistent, loyal and ambitious. You are innovative and appealing.

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SUDOKU

Conceptis Sudoku

By Dave Green

2		5	7	1		8				
		3	4			9				
1	7			6				2		
3							7	6		
		6	1		8	3				
9	4								2	
	9			5				3	1	
		7			2	6				
6		2	3	4						9

Difficulty Level ★ 11/02
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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

8	9	5	3	4	1	6	7	2
3	1	4	2	6	7	9	8	5
7	6	2	9	8	5	1	3	4
9	4	6	1	3	8	5	2	7
2	3	1	7	5	6	4	9	8
5	7	8	4	2	9	3	1	6
1	2	3	6	7	4	8	5	9
6	5	7	8	9	3	2	4	1
4	8	9	5	1	2	7	6	3

WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

BASEBALL HALL OF FAMERS

Solution: 8 letters

S	E	G	M	S	I	R	R	O	M	A	N	T	L	E
E	M	L	U	A	M	U	S	I	A	L	R	R	S	N
N	O	A	T	E	T	N	A	R	E	L	E	E	K	I
O	H	V	I	H	R	H	O	N	T	B	N	N	I	L
J	T	I	C	L	O	R	E	R	S	I	A	G	L	A
C	G	N	O	T	L	M	E	W	A	O	W	A	L	K
O	E	E	X	O	T	I	A	R	S	A	N	W	E	O
B	R	A	H	R	T	E	W	S	O	O	B	S	B	U
B	E	R	O	R	R	E	S	T	N	K	R	F		
M	M	E	F	E	I	Y	A	B	N	E	N	N	E	A
A	L	V	F	R	A	G	I	M	V	N	A	A	W	X
Y	A	A	M	N	D	G	O	O	M	P	Y	B	S	H
S	P	E	A	K	E	R	R	A	Y	E	K	W	A	Y
U	T	S	N	B	A	G	W	E	L	L	N	G	H	
L	A	R	K	I	N	E	K	P	I	R	K	L	O	U

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Aaron, Anson, Bagwell, Banks, Bench, Brett, Cobb, Cox, Dean, Gehrig, Gibson, Glavine, Goal, Grove, Guerrero, Gwynn, Hank, Hoffman, Jones, Kaline, Keeler, Killebrew, Koufax, Larkin, Lou, Mantle, Mathewson, Mays, Morris, Musial, Nap, Ott, Palmer, Raines, Ripken, Ryan, Santo, Seaver, Speaker, Team, Thomas, Thome, Torre, Trammell, Wagner, Waner, Williams, Yawkey
Last Friday's Answer: Playback
Purchase WONDERWORD books in time for the holidays!
Visit WonderWordBooks.com or call 1-800-642-6480.

NBA fears \$1B loss if season's start delayed



NEW YORK—Similar to just about every major sports league in the United States, the NBA had a brutal year financially.

How bad? The league reportedly came in \$1.5 billion under revenue projections. None of that is surprising, as we all saw in real time how the coronavirus pandemic shut the league down for months and prevented a single fan from walking into an arena after mid-March, but that won't make NBA commissioner Adam Silver's job any easier.

And apparently even more pain could be on the way.

If the start of the 2020-21 season is pushed back until January, the NBA fears a revenue loss of \$500 million to \$1 billion next season, according to ESPN's Adrian Wojnarowski. The league is reportedly also facing \$4 billion lost if fans are not allowed back into arenas, which seems possible due to certain teams' local laws forbidding public gatherings and the indoor nature of basketball arenas.

Obviously, that's bad. That kind of loss would be felt by both the league and the players via their revenue sharing CBA, and both parties are currently ironing out the details that could supposedly be less than two months away.

According to an ESPN report, the league and union pushed back a deadline until next Friday that would allow the NBA to officially terminate the CBA due to the pandemic. That gives them about a week to pick the least painful option before them.

For a while, it seemed widely expected that the NBA's next season would begin well after New Year's Day. The 2020 NBA Finals ended in mid-October, and it seemed unthinkable that the league would ask some teams to return to the court on just two months of rest.

One report indicated the NBA was discussing a start date around Martin Luther King Day, but the league soon started pushing for Dec. 22 to be the date. What changed? Well, maybe they finally calculated how much pushing the season to January would cost them.

The league office reportedly informed the Board of Governors last week that it intends to schedule a 72-game season beginning in December (with training camps beginning around Dec. 1) and ending before the Summer Olympics in late July. A play-in tournament for the final playoff seeds is also reportedly on the table.

The NBPA is opposing that plan and has counter-proposed



Los Angeles Lakers forward Anthony Davis shoots between Miami Heat forward Jimmy Butler, left, and guard Andre Iguodala during the second half in Game 5 of the NBA Finals Friday, Oct. 9, 2020, in Lake Buena Vista, Fla.

a mid-January start. NBPA executive director Michele Roberts has reportedly expressed doubt of the December plan due to the extreme turnaround between the Finals and training camp. The NBA's plan would give Los Angeles Lakers and Miami Heat players only 51 days of rest between their last game and the start of camp.

Lakers guard Danny Green has already said not to expect seeing LeBron James in the first month of the season with

a December start:

"If we start in December, I think most guys [are like], 'I'm not gonna be there,'" Green said. "If I had to guess, because we have a lot of vets on our team, it's not like we have a lot of young guys or rookies ... to have that quick of a restart, I wouldn't expect to see [LeBron] there. I wouldn't expect to see him probably for the first month of the season. He'll probably be working out with us, probably do some playing, but I just don't expect

guys to want to be there, or show up willingly.

On the other hand, the NBA fears that extending the season past the Olympics and well into the summer again would caused another brutal year for league ratings, as we saw this year. The NBA is trying to get back onto its usual schedule after four months of inaction, but getting there is going to take shorter offseasons and/or fewer games played during the season.

The nuclear option is the

aforementioned termination of the CBA, which would almost guarantee no basketball played for a while.

D'Antoni joining Nets

Mike D'Antoni will serve as an assistant to new Brooklyn Nets head coach Steve Nash. D'Antoni famously coached Nash on the Phoenix Suns in the mid-2000s.

With Nash as his superstar point guard, D'Antoni popularized the seven-seconds-or-less offense that made the

Suns a title contender and served as a precursor to the NBA's pace-and-space era that followed. In their four seasons together in Phoenix, they won better than 70 percent of their games and reached the 2005 and 2006 Western Conference finals, when Nash won his back-to-back Most Valuable Player awards.

The Nets hired another member of those Suns teams, Amar'e Stoudemire, as an assistant last week.

Philadelphia 76ers assistant coach Ime Udoka, who worked in the same role under Gregg Popovich on the San Antonio Spurs from 2012-19, will also join Nash's staff. Udoka has been a head coaching candidate for years and is well-regarded around the league, as is lead Nets assistant coach Jacque Vaughn, who served as the interim bridge between Kenny Atkinson's firing and Nash's hiring.

In less than two months, Nash has constructed one of the most respected coaching staffs in the NBA. D'Antoni is the most experienced of his assistants. The 69-year-old has won 692 games in his 16 seasons as a head coach. Among active coaches, only Popovich, Doc Rivers and Rick Carlisle have more wins.

Meanwhile, Luke Walton will have to fill an opening on his coaching staff.

Bob Beyer, who spent the 2019-20 NBA season as an assistant coach for Walton, is joining Stan Van Gundy's staff with the New Orleans Pelicans, a league source said.

This will be Beyer's third tour of duty working for Van Gundy, who he previously worked for in Orlando (2007 to 2012) and Detroit (2014 to 2018).

Between stints with Van Gundy, Beyer worked as an assistant for the Warriors in 2012-13 and the Charlotte Bobcats in 2013-14.

Beyer came to the Kings from the Oklahoma City Thunder, where he spent one season as an assistant coach for Billy Donovan.

With Beyer reportedly leaving the Kings, Walton's staff consists of associate head coach Alvin Gentry and assistant coaches Jesse Mermuys and Roy Rana. Sacramento also has five assistant coaches for player development and one advance scout/assistant coach. (AP/NBC)

Ex-76ers GM says no to Embiid trade

PHILADELPHIA—Former Sixers general manager Sam Hinkie pounded the table for the team to draft then-injured Joel Embiid back in 2013, and the selection has turned out to be a stroke of genius. Embiid is an All-Star two-way player at 26 years old, and a fan favorite.

But the Sixers feel like they're spinning their wheels, with a startling amount of money tied up in big contracts and no Conference Finals appearances to show for it.

So, because this is what we do in 2020, the Sixers' offseason has seen an abundance of trade machine ideas surrounding Embiid and Ben Simmons, particularly since news broke of Daryl Morey

joining the team as president of basketball operations.

Hinkie doesn't like the idea.

During his podcast appearance this week on ESPN Daily, Hinkie was asked by host Pablo Torre about what goes through his mind when he sees trade rumors or chatter about Embiid and Simmons:

"Oh, gosh. Don't people remember what it took to get them? For all of them. I mean, getting a star player in the NBA is not impossibly hard, but close. It requires either an incredible amount of luck, or an amazing amount of time, or some other way to try and get at it. So to have a ... young player who is nominally, in a traditional sense, just entering his prime, and say, 'Oh

we've got to [blank].' No," Hinkie said.

"Job one is, you've got to get great players on your team. That's job one. And he is one. So I would be—I'm not alone on this—loathe to think, 'We have to do anything that requires you to potentially move a great player.' They don't move very much for a reason, because people rightfully don't let them go for a reason."

Hinkie makes a compelling argument. He and the Sixers stripped the team for parts, acquired assets, and then hoped and prayed they'd get a shot at someone as talented as Embiid, and then again with Simmons, while being bad on the court for two-plus years waiting for them to heal

up enough to play.

It worked, but it cost Hinkie his job, and put an unusually bright spotlight on the Sixers' young stars.

Can you imagine if all that work was ultimately for nothing? Just to watch Embiid thrive somewhere else?

It would be brutal, for Hinkie and for Sixers fans everywhere. (Hinkie, for what it's worth, still considers himself a Sixers fan, and tries to watch "a bunch" of games despite living on the West Coast.)

It remains to be seen what Morey will do with the Sixers roster, as it is currently constructed. If he thinks anything like his good friend Hinkie, his first move won't involve moving his best player. (NBC)

Lester, Kluber boost free agent total to 175



NEW YORK
(AP)—Jon Lester, Corey Kluber, and Brad Hand were among 15 more major leaguers who became free agents Friday when teams declined their 2021 options, many the victims of budget cuts following a regular season without fans due to the novel coronavirus pandemic.

Also cut loose were Milwaukee infielders Jedd Gyorko and Eric Sogard, Chicago White Sox designated hitter Edwin Encarnación and left-hander Gio González, and Philadelphia relievers David Robertson, Héctor Neris and David Phelps.

AL champion Tampa Bay declined 2021 options on right-hander Charlie Morton and catcher Mike Zunino but say it remains hopeful of re-signing them.

There are 175 players who became free agents following the World Series and about 15 more can go free this weekend. Among the remaining decisions are on player options by Yankees slugger Giancarlo Stanton, Boston designated hitter JD Martinez, Cincinnati outfielder Nick Castellanos and Mets reliever Dellin Betances.

Teams must decide by 5 p.m. Sunday whether to make \$18.9 million qualifying offers to eligible former players who went free.

Lester gets a \$10 million buyout from the Chicago Cubs that completes a \$155 million, six-year contract rather than a \$25 million mutual option. The 36-year-old left-hander was 3-3 with a 5.16 ERA in 12 starts this year with 42 strikeouts and 17 walks. He earned a prorated \$5,555,556 from his scheduled \$15 million salary.

He was 77-44 with a 3.64 ERA in 171 starts over six seasons with the Cubs, in 2016 helping them win the first World Series in 108 years. He was 3-3 with a 2.44 ERA and .201 opponents' batting average in the postseason.



AP
Chicago Cubs starting pitcher Jon Lester throws to a Chicago White Sox batter during the first inning of a baseball game in Chicago, Sept. 26, 2020.

a \$500,000. Chicago exercised a \$3.5 million option on utilityman Leury García.

Toronto exercised a \$1.5 million option on reliever Rafael Dolis and declined a \$9.5 million option on right-hander Chase Anderson, who gets a \$500,000 buyout. The 32-year-old Anderson was 1-2 with a 7.22 ERA in seven starts and three relief appearances last season.

Kluber, whose option was for \$18 million, lasted just one inning in his only start in the third game of the season before a shoulder injury ended his year.

Kluber gets a \$1 million buyout, and the club has said it is interested in re-signing Kluber to a less expensive deal. The Rangers acquired the two-time Cy Young Award winner from Cleveland last offseason in a trade that sent hard-throwing reliever Emmanuel Clase to the Indians.

Morton, who turns 37 next month, was due to earn \$15 million. Zunino's option was for \$4.5 million. Both played key roles in the Rays reaching the World Series, where Tampa Bay lost to the Los Angeles Dodgers in six games.

Morton was 3-1 with a 2.70 ERA this postseason, losing Game 3 of the World Series. He was 2-2 with a 4.74 ERA during the season.

"We're going to continue talking," general manager Erik Neander said. "Charlie's been very open about the uncertainty in his future and where he's at. Frankly, I felt it was best to let him catch his breath, let him process, let him make some decisions with his family and have those conversations to give us a little more time. I would love nothing more than to have Charlie back as part of our club next year."

Milwaukee turned down Gyorko and Sogard, a day after declining a \$15 million option on 2011 NL MVP Ryan Braun.

Gyorko and Sogard each had \$4.5 million options. Gyorko gets a \$1 million buyout and Sogard \$500,000.

The 32-year-old Gyorko hit .248 with nine homers and 17 RBIs in 42 games and 135 at-bats. Sogard, who turns 35 on May 22, hit .209 with one homer, 10 RBIs and a .560 OPS in 43 games.

"I think there's a recognition that flexibility is important right now, and we don't know what the next couple of months are going to look like," general manager David Stearns said. "We don't know what the environment is going

to be as we do plan for a spring training in the 2021 season. So we have to remain flexible. And that desire for flexibility has likely contributed to some of the decisions we've seen throughout the industry over the last couple of days."

Cleveland declined Hand's \$10 million option and also turned down first baseman Carlos Santana (\$17.5 million). The Indians did exercise a \$5.5 million option for catcher Roberto Pérez. Cleveland owes buyouts of \$1 million to Hand and \$500,000 to Carlos Santana.

"With Brad it was a really difficult decision," Indians president of baseball operations Chris Antonetti said. "He's been such a critical part of our team for the last few

seasons. He did an extraordinary job in his role as a closer and also was a leader in the clubhouse, specifically within the bullpen group.

"In the end, we did take some time to explore the trade market for Brad and weren't able to find a fit for him. Again, a very difficult decision."

Antonetti had pointed toward the moves and a substantial cut in payroll earlier this month due to the team's financial hit caused by the COVID-19 pandemic. There could be other, bigger moves as the Indians consider trading All-Star shortstop Francisco Lindor before his final season under contract.

"It's very early to tell and I'm not sure it makes a whole lot of sense to forecast things,"

Antonetti said. "What we've been focused on are the decisions we have in front of us and engaging with teams to help inform those decisions."

Hand went 2-1 with a 2.06 ERA and went 16 for 16 in save chances in the 60-game season.

Santana struggled in his second season back in Cleveland after leaving as a free agent in 2018. The switch-hitter batted a career-low .199 with eight homers and 30 RBIs in 60 games. Antonetti said it's possible the club could re-sign the 34-year-old Santana, who has spent 10 seasons with the Indians.

The White Sox declined a \$12 million option for Encarnación and a \$7 million option for González, who will receive

Tigers hire former Astros manager Hinch

DETROIT—Not three full days since he'd counted down the final World Series outs, those listless last minutes on a detention clock, A.J. Hinch sat in a pinstriped suit with a pale pocket square and became manager of the Detroit Tigers.

In his time away from the game, he'd turned 46, spent some weeks at a lake cabin in Michigan, contracted and then recovered from COVID-19, tended to his daughters, watched a lot of baseball and tried to remember the man

he once thought of himself as. Then he went about trying to become that guy again.

"I had a lot of time," he said, "to do all of that."

The game resides where curiosity meets hostility, and so it seeks value in countless places, most measured in the breadth of a passing idea. On a spreadsheet's column. In a scout's peripheral vision. On a rutty diamond half-swallowed by a bately at the end of miles of dirt road. In degrees of launch angle and spin axis and a pitcher's

flared glove and at an imaginary impediment after twice through the lineup. In hidden corners and dark schemes and, sometimes, at the margins of one's own conscience.

So why not in the guy who'd spent most of the past year face down in the mud?

"It's been a large topic in my life, as I've reflected back and learned to grow and ultimately to decompress from something that was very wrong," Hinch said. "As I told [owner Chris] Ilitch and

Al [Avila, general manager] both, that's part of my story. That's not the Tigers' story. And I understand the question and I understand how wrong it was. And I'm sorry for that. I've said that before. I'll say it again. I'll continue to say it. I'll never forget the feeling that I've had throughout the past year as I've navigated through this with my family."

The players, his new players, will hear from him next, he said.

"Absolutely those are tough conversations," he said. "And I will have them one

by one. And I will have them as a team. ... I'm sorry that they're going to have to deal with it and that we're going to have to talk about it. But that is our reality, because wrong is wrong. And it was very wrong. And I'll make sure that everybody knows that I feel responsible because I was the manager and it was on my watch and I'll never forget it."

The Tigers have spent six years in irrelevance, most of those deep in the shadow of Hinch's Astros. They have not won a World Series in nearly four decades. An organiza-

tional rebuild cost them 114 losses in 2019 and yet another last-place finish in 2020. They need better players. They need promising players to grow into their bodies, their fastballs and their potential. They need time and acuity and good fortune, all the stuff that stands between playing the game and winning the game.

For now they have Hinch, spit from the cheating scandal that forever soiled a franchise, its people and its achievements.

"One mistake doesn't determine a man," Avila decided. "Who he is." (AP/NBC)

NFC West has power, but battered in title run



SEATTLE— Here's a premise few can dispute: The NFC West is the best division in pro football.

In fact, it isn't close.

Sure, the AFC North has shown some power, but it also has the 1-5-1 Bengals. Plus, the Browns have built their 5-2 record mostly against the league's dregs.

NFC West teams are 19-8 overall. The AFC North is 17-

8-1, but it's top-heavy, and until we truly know if Cleveland is legitimate, the guys on the West Coast win the prize.

It's not inconceivable that the Seahawks, Cardinals, Rams and 49ers all could find their way into the NFC playoffs with a third wild card added. It's unlikely not because they might be unworthy, but because they could be knocking off each other during intradivision play. So far, only three games have been played within the NFC West: Arizona



San Francisco 49ers' Tarvarius Moore (33) is able to down the ball at the 1-yard-line on a punt against Los Angeles Rams' Darius Williams (31) in the fourth quarter at Levi's Stadium in Santa Clara, Calif., on Sunday, Oct. 18, 2020.

Rocball followers growing

By ROSELYN B. MONROYO
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REPORTER

The COVID-19 pandemic won't stop rocball founder James Feger from introducing the sport to other countries.

Feger continues to reach out to other nations, holding virtual conference to provide his technical expertise on rocball and other information about the sport indigenous to the CNMI.

Just recently, the Marianas High School teacher had an online meeting with Asian countries which are members of the International Rocball Federation. Representatives from India, Pakistan, Bangladesh, Bhutan, Sri Lanka, and Nepal attended the virtual meeting and learned from Feger's presentation about rocball, including the sport's rules.

Feger also made virtual presentations for Argentina and Liberia. Other countries that are playing the sport, too include Egypt, Morocco, Spain, Kenya, and Tanzania.

"There will be a women's beach rocball tournament in

Bangladesh this month, while an international competition will be held in Malaysia early in 2021. Then on Nov. 20, there's a general annual meeting to elect

new officers for the Rocball Amateur Federation of India. India has 20 states and every state has men and/or women rocball teams. I've been invited to return to India to go over futures plans for the development of rocball there. Also, the University of India located in Delhi will be offering rocball as a part of its curriculum," Feger said.



beating San Francisco and Seattle, and the Niners defeating the Rams.

"Yeah, we're in the best division in football and, you know, there's a reason for it," Rams quarterback Jared Goff said after the loss to the 49ers. "These guys are good. Arizona's good. Seattle's obviously undefeated (then). We're a great team. So every time you play in this division, it's going to be a tough game, and we know that coming in."

What the four clubs also know, coming in and going out, is they could be battered by the time they get to January. Fully tested by the trials and tribulations of the division, for sure. But perhaps not

in the best shape for a Super Bowl run.

"Obviously, everybody has winning records in our division and everybody's doing really good, and some people might say we have the best division," said Tyler Lockett, the Seahawks' outstanding wide receiver. "But at the end of the day, who cares? We still got to be able to take care of business and those divisional games might end up being key."

The schedule shows a regular dose of those divisional showdowns, beginning Sunday with the Seahawks hosting the 49ers. They gave us a classic 2019 finale in which tight end Jacob Hollister was stopped inches

short of a touchdown that would have lifted Seattle to the division crown.

Beyond this weekend, Seattle visits Los Angeles in Week 10; Arizona goes to Seattle in Week 11; the Rams host the 49ers in Week 12, then visit the Cardinals in Week 13; the Rams at Seahawks and Cardinals at Niners in Week 16; and the grand finale of Seattle at San Francisco and Arizona at Los Angeles on Jan. 3.

Don't be shocked if the division title and more than one wild-card spot are decided in Week 17.

Niners coach Kyle Shanahan ignores all the machinations. At least for now.

"It's way too early to look

at that stuff. That's stuff that I leave for my wife and for friends and for people to do, but yeah, for you," he told reporters. "There's so many things that change. I'll start to watch it the last few weeks because you're trying to think of certain things and scenarios, but that's something you don't think at all about right now."

Not quite true. When the Rams fell to the 49ers, all-world defensive tackle Aaron Donald noted: "I'd rather we lost every other game we did, but win this division game. That means a lot more."

Which of these teams is best positioned to not only emerge atop the NFL's premier sector, but do damage in the postseason? In a year impacted by a pandemic, with so many intangibles—and so many key injuries already—no one knows.

Meanwhile, the New England Patriots are set to work out two wide receivers and a defensive tackle with the Nov. 3 NFL trade deadline quickly approaching.

The Patriots are planning to work out wide receivers Donte Moncrief and Darius Jennings, as well as defensive tackle Ryan Glasgow.

TAN

From Page 20

thanked the Asian Football Confederation, the East Asian Football Federation, Guam Football Association, Japan Football Association, and NMIFA's numerous donors through the years.

"We are overwhelmed and encouraged by the support from everyone as we continue this journey and work harder to make more milestones," Izuka added.

Yosuke Mihara and Choe Nam Hyok of the AFC's Member Association and Regional Associations Department witnessed Tan and Izuka's reelection as they attended the 10th Ordinary Congress virtually and the two guests assured NMIFA that AFC will continue to assist the federation in the development of CNMI soccer and other related projects.

Choe also lauded NMIFA for its transparency and professionalism in managing its programs and took note of the local association's deep commitment to the community as seen in the activities and projects the FA got involved with in the past few years.

Meanwhile, Tan acknowledged the challenges that NMIFA and its programs are facing at this time of the COVID-19 pandemic, but he said they will try to find ways to slowly get back into action while still giving priority to the safety of the players and other stakeholders. NMIFA, since June has resumed training sessions of the national teams with emphasis on strict com-

pliance to precautionary measures against the spread of the COVID-19 virus. Games in all leagues, on the other hand, are still suspended, including off-island matches, while coaches' education continued.

Izuka and Bogdan echoed Tan's sentiments and encouraged everyone to continue practicing safety measures so we can finally flatten the curve to focus on recovery from this

crisis and go back to our usual activities, including playing soccer with no restrictions.

"There are no better things to see than watching kids getting back to the pitch, playing, and improving their skills, developing great attitudes, and enjoying themselves. We are all here doing these activities and taking part in this program for our children and for our community," Bogdan said.



CONTRIBUTED PHOTO

Participants in the NMIFA's 10th Ordinary Congress listen to the message of Asian Football Confederation Member Association and Regional Associations Department's Yosuke Mihara.



CONTRIBUTED PHOTO

The second issue of the Northern Mariana Islands Football Association's monthly newsletter is out and was presented during the NMIFA's 10th Ordinary Congress held last Friday at the Hibiscus Hall of the Fiesta Resort & Spa Saipan.



**NBA fears
\$1B loss if
season's
start delayed**

PAGE 17

Saipan Tribune Sports

**Lester, Kluber
boost free
agent total
to 175**

PAGE 18



20 MONDAY, NOVEMBER 2, 2020

SAIPAN TRIBUNE

Tan, Izuka reelected; Bogdan keeps post

By ROSELYN B. MONROYO
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REPORTER

Three pillars of CNMI soccer were reelected to their respective posts, embracing the opportunity to continue their leadership roles in the Northern Mariana Islands Football Association.

Jerry Tan was voted anew as NMIFA president during last Friday's 10th Ordinary Congress held at the Hibiscus Hall of the Fiesta Resort & Spa Saipan, while Vickie Izuka was reelected vice president and CNMI Superior Court Associate Judge Wesley Bogdan retained his seat on the NMIFA Executive Committee, joining incumbent Norman Del Rosario and Catherine Attao-Toves.

"I would like to thank everyone for your vote of confidence and more importantly for your continued contribution to the development of our sport in the CNMI in the last 10-plus years. Our clubs, the coaches, game officials, the play-



Shirley's Football Club, left, and Paire Football Club players battle for the ball during last year's NMIFA Fall Youth League at the NMI Soccer Training Center in Koblerville. Games at the NMISTC are still suspended due to the COVID-19 pandemic, but the NMIFA leadership is looking at slowly and safely getting back into action.

CONTRIBUTED PHOTO

ers and their parents, the NMIFA staff, and the community have worked together to bring CNMI football to where it is right now—an organized sport that provides opportunities for everyone, especially for our youth players. Through your support we are able to use the



sport of soccer as a tool make a difference in the community and the lives of the people that live here, especially at these difficult times," Tan said.

Izuka, on the other hand, acknowledged the unwavering support that NMIFA gets from its football family in the region, giving the association the means to strengthen its program and reach out to more people in the community. She

See TAN on Page 19



CONTRIBUTED PHOTO

Reelected Northern Mariana Islands Football Association vice president Vickie Izuka, bottom right of video screen, addresses the participants in the NMIFA's 10th Ordinary Congress, while Asian Football Confederation representatives Yosuke Mihara, top left, and Choe Nam Hyok, bottom left, listen.

Fitness for beginners and the scoop on fat

Q: For those of us just starting to workout, what should we focus on first?

A: It's a widespread belief that you need to be really restrictive and rigid to plow ahead. While there is some truth to that, it's just not practical for many of us. A valid argument could be made if you've been going at it consistently for years. Then, effectively, that would warrant more training and dietary manipulations. However, for virtually every beginner now is not the time for anything elaborate and extreme on all fronts.

In truth, modifying your behaviors does wonders in facilitating results. For instance, if you find it challenging getting your steps in, make it a habit to go for a short walk every hour within close proximity, or after lunch and dinner. Having

Ask DRE:

By DRE DELOS SANTOS
Special to the Saipan Tribune



Dre Delos Santos writes about fitness and nutrition for Saipan Tribune and TAGA Sports. He is a personal trainer at Gold's Gym. He is featured on fitness sites such as Weight Watchers, T-Nation, and STACK.

trouble drinking enough water? Set a timely alarm to remind you. Hiring a qualified personal trainer can also help streamline your progress.

Q: Should I take fat burners? Are they worth it?

A: As an independent variable, supplementation won't directly affect your weight loss. Almost every pill or concoction on the market is unreliable at showing anything significant. Can it be useful in certain circum-

stances or in a particular context? Perhaps.

Still, many of you should know by now there is no replacing diet and exercise. They're non-negotiable for getting leaner and in shape.

Now, they can assist you in reducing hunger. It's pretty well-known that the hardest part about losing weight and keeping it off is managing your appetite. So, if that's your reason behind the use of fat burners go on right ahead.



ROSELYN B. MONROYO

Northern Mariana Islands Football Association officials, led by its president Jerry Tan, fourth left, pose for a group photo at the conclusion of the NMIFA's 10th Ordinary Congress held last Friday at the Hibiscus Hall of the Fiesta Resort & Spa Saipan.